



The *Coastal Carolina University PGA Golf Management Physical Fitness Program* will help build the overall athlete. The program is designed to build from the ground up, which is why we will have 4 levels of training. The 4 levels of training are listed below:

- **Beginner Level Training** (someone who has not sustained a workout routine longer than 6 months) – Introductory level of training building a good base for body advancement using the combination of a balanced diet and muscular development.

The Beginner Weight Training Workout Routine

The Schedule—alternate each week for 6 months until you have built strength and stamina

Week 1

Monday: Workout A
Tuesday: off
Wednesday: Workout B
Thursday: off
Friday: Workout A
Saturday: off
Sunday: off

Workout A

Squats

3 sets of 8-10 reps.
2 minutes rest between sets.

Bench Press

3 sets of 8-10 reps.
2 minutes rest between sets.

Rows

3 sets of 8-10 reps.
2 minutes rest between sets.

Cardio

30 minutes elliptical

- Supportive training (yoga, Pilates and spinning classes)

Week 2

Monday: Workout B
Tuesday: off
Wednesday: Workout A
Thursday: off
Friday: Workout B
Saturday: off
Sunday: off

Workout B

Deadlifts

3 sets of 8-10 reps.
2 minutes rest between sets.

Pull-Ups (or Lat Pull-Downs)

3 sets of 8-10 reps.
2 minutes rest between sets.

Overhead Shoulder Press

3 sets of 8-10 reps.
2 minutes rest between sets.

Cardio

45 minutes spin bike

- **Intermediate Level Training** (someone who has sustained a workout routine longer than 6 months) – Increases the beginner level training with more intensive workouts and a strict nutritional plan.

Daily Workout Schedule:

The Intermediate Weight Training Workout Routine

Monday - Chest and Biceps

Chest

Exercise	Sets	Reps
Bench Presses (2 x warm-up sets)	2	15
Bench Presses	3	8
Incline Dumbbell Bench Presses	3	8
Incline Fly's	3	8



Biceps

Exercise	Sets	Reps
Barbell Curls	3	8
Dumbbell Curls		3 8
Concentration Curls	3	8

Cardio

Treadmill 30 minute burn 5 minute cool down

Tuesday - Legs

Hamstrings

Exercise	Sets	Reps
Stiff-Leg Deadlifts	3	8
One-Leg Leg Curls	3	8

Quads

Exercise	Sets	Reps
Squats	3	10
Leg Presses	3	8
Leg Extension	3	8

Calves

Exercise	Sets	Reps
Standing Calf Raise	4	15,12,10,8

Cardio

Elliptical 30 minute burn 10 minute cool down

Wednesday: Rest Day

Thursday - Back

Back

Exercise	Sets	Reps
Pull-ups	2	Warm-up
Barbell Row	3	8
Seated Row	3	8
One-Arm Dumbbell Row	3	8
Deadlifts	3	6

Cardio

Step Machine 20 minutes high intensity 8 minutes cool down

Friday: Rest Day

Saturday - Shoulders and Triceps

Shoulders

Exercise	Sets	Reps
Dumbbell Press	2	Warm-up
Military Press	3	8
Front Raise	3	8
Bent Over Dumbbell Laterals	3	8

Triceps

Exercise	Sets	Reps
Cable Pushdowns ("V" Bar)	3	8
Close-Grip Bench Presses	3	8
Overhead Dumbbell Extensions	3	8

Cardio



Treadmill 45 minute high intensity run 10 minute cool down

Sunday: Rest Day

- Supportive Training (yoga, Pilates, spinning classes, cross fit and boot camp training)
- **Advanced Level Training (someone who has developed proper technique and looking for the extra edge)** – The most rigorous workout plan challenging even the most fit individuals.

Monday – Upper/Core

Tuesday – Lower/Cardio

Wednesday – Back/Core

Thursday – Cardio

Friday – Upper/Core

Saturday – Lower/Cardio

Sunday – Cardio

- Supportive Training (yoga, Pilates, spinning classes, cross fit and boot camp training)
- **Mentor Level Training (someone who has achieved their personal goals and exhibits the physique of an athlete and can train others)** – Individuals who have proven themselves as leaders in the Coastal Carolina University PGA Golf Management Physical Fitness Program and willingly share their knowledge with others. (Mentors are voted on by their peers)

No Matter what level of training an individual is in he/she may participate in the Iron Chant Competition.

IRON CHANT Competition

The Iron Chant competition will challenge our PGA Golf Management Student's agility, strength, endurance and flexibility to crown the overall athlete of the program. We will hold a competition once per semester and will consist of:

- **Strength Challenges (lifting full body weight)**
 - How many times can you bench press your own body weight until failure?
 - How many times can you squat (parallel) your body weight until failure?
 - How many pull-ups can you do until failure?
 - How many push-ups can you do until failure?
 - What is your vertical jump? (NFL combine style)
- **Time Trials Challenges**
 - How fast can an individual bear crawl 100 yards?
 - How far can a competitor run in 12 minutes?
 - How long can you hold a "plank" position?
- **Knowledge Testing**
 - Nutritional Exam?
 - Muscle group for work out exam?

****ANY TIE BREAKERS WILL BE BROKEN BY USING A WEIGHTED CLUB AND JUDGING HOW FAR YOU CAN THROW IT. THE CLUB THROW CHALLENGE WILL CONSIST OF THREE TOSSES WHERE THE TOTAL DISTANCE OF ALL THREE THROWS WILL BE CALCULATED TO CROWN A WINNER.****

Competitors will accumulate points for each challenge and must participate in every event in order to become the Iron Chant. The scoring system is listed below:



1. 20 Points
2. 17 Points
3. 14 Points
4. 11 Points
5. 8 Points
6. 6 points
7. 4 Points
8. 3 Points
9. 2 Points
10. 1 Points (every participate gets 1 point)

The individual with the highest point total per class will become the class champion and the competitor with the highest overall point total will be the Iron Chant. The overall champion and class champions will have their names engraved on a plaque which will be held in the CCU PGA Golf Management Office. Also, individual competition records will be held in the Player Development Office.