






Choose Your Start Day ↓								Chapter 1 Body & Stretching
WK								
1	Day 1	Day 2	Day 3 + Day 4	Day 5	Day 6 + Day 7	Day 8	Day 9 + Day 10	
								Chapter 2 Hands & Arms
2	Day 11	Day 12 + Day 13	Day 14	Day 15 + Day 16	Day 17	Day 18 + Day 19	Day 20	
								Chapter 3 Pressure & Impact
3	Day 21 + Day 22	Day 23	Day 24 + Day 25	Day 26	Day 27 + Day 28	Day 29	Day 30	
								Chapter 4 Speed & Strength
4	Day 31	Day 32 + Day 33	Day 34	Day 35 + Day 36	Day 37	Day 38 + Day 39	Day 40	
								Chapter 5 Short Game & Putting
5	Day 41	Day 42	Day 43 + Day 44	Day 45	Day 46 + Day 47	Day 48	Day 49 + Day 50	
								Chapter 6 Shape & Trajectory
6	Day 51	Day 52 + Day 53	Day 54	Day 55 + Day 56	Day 57	Day 58 + Day 59	Day 60	