

Monthly Guide - Month 6 ADDING 10 EXTRA YARDS AND PLAYING WITH MORE CONFIDENCE

Track your progress as an Apprentice in your first month by checking each activity you complete throughout each week.

Week 1 – STRETCHING YOUR WAY TO 10 EXTRA YARDS

Conditioning Month Introduction

Done	Action	Description
<input type="checkbox"/>	Watch Intro	Bobby talks about what is coming in the Conditioning Month and how guest instructor Aaron Taylor will help add 10 extra yards to your game.

Upcoming Tele-seminar Info

Done	Action	Description
<input type="checkbox"/>	Mark Calendar	December 11 th , 2007 at 5 PM MST

DVD Clips

Done	Action	Description
<input type="checkbox"/>	Watch Clip	Stretching and hitting farther go hand in hand

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Straight Leg Hamstring Stretch
<input type="checkbox"/>	Practice Drill	Try this 2 or 3 times on each leg
<input type="checkbox"/>	Watch Drill	2. Glute Stretch
<input type="checkbox"/>	Practice Drill	Try this 2 or 3 times a day
<input type="checkbox"/>	Watch Drill	3. Back Rotational Stretch
<input type="checkbox"/>	Practice Drill	Try this 2 to 3 times on each side
<input type="checkbox"/>	Watch Drill	4. Hip flexor/Quadriceps stretch
<input type="checkbox"/>	Practice Drill	Try this 2 to 3 times on each side
<input type="checkbox"/>	Watch Drill	5. Rhomboid Stretch
<input type="checkbox"/>	Practice Drill	Try this one 2 or 3 times on each side

Assignment 1

Done	Action	Description
<input type="checkbox"/>	Fill Out	Goal Setting Exercise

Week 2 – PUTTING MENTAL EXERCISES

Upcoming Tele-seminar Info

Done	Action	Description
<input type="checkbox"/>	Mark Calendar	December 11 th

Breakdown Sessions

Done	Action	Description
<input type="checkbox"/>	Watch Session	o Track Putts into Hole-No negative thoughts

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Those Impossible 3 Footers
<input type="checkbox"/>	Practice Drill	Get your mind off the mechanics on short putts
<input type="checkbox"/>	Watch Drill	2. First Tee Jitters
<input type="checkbox"/>	Practice Drill	If you don't worry about them, they won't hurt you
<input type="checkbox"/>	Watch Drill	3. Bold Putter or a Lag Putter
<input type="checkbox"/>	Practice Drill	Know your style and commit to your line.
<input type="checkbox"/>	Watch Drill	4. Keep the Whining to Yourself
<input type="checkbox"/>	Practice Drill	Focus on the positive!
<input type="checkbox"/>	Watch Drill	5. Start Talking Nice to Yourself
<input type="checkbox"/>	Practice Drill	"Can't Never Did Anything"

Assignment 2

Done	Action	Description
<input type="checkbox"/>	Fill Out	Breathing Exercises

Weeks 3 and 4 are on the next page...

Monthly Tracker (continued...)

Week 3 – STRENGTHENING YOUR WAY TO 10 EXTRA YARDS

DVD Clips

Done	Action	Description
<input type="checkbox"/>	Watch Clip	Strengthen your way to 10 more yards

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Upright Rows
<input type="checkbox"/>	Practice Drill	Do 15 reps 2 or 3 times this week.
<input type="checkbox"/>	Watch Drill	2. Curls
<input type="checkbox"/>	Practice Drill	Do 2 or 3 Sets of 15 reps a couple times this week
<input type="checkbox"/>	Watch Drill	3. Arm Circles / Side Raises
<input type="checkbox"/>	Practice Drill	4 times this week for 2 or 3 sets of 15 to 20 circles
<input type="checkbox"/>	Watch Drill	4. Superman
<input type="checkbox"/>	Practice Drill	Try this one a couple times this week

Upcoming Tele-seminar Info

Done	Action	Description
<input type="checkbox"/>	Mark Calendar	December 11 th , 2007 at 5 PM MST

Assignment 3

Done	Action	Description
<input type="checkbox"/>	Fill Out	Bobby's Pre-Game Routine

Week 4 – MENTAL EXERCISES FOR PRACTICING AND COMPETING

Tele-seminar

Done	Action	Description
<input type="checkbox"/>	Listen/Interact	December 11 th , 2007 at 5 PM MST

Breakdown Session

Done	Action	Description
<input type="checkbox"/>	Watch Session	<ul style="list-style-type: none"> o Use your local golf course to hit shots on the road

Practice Drills

Done	Action	Description
<input type="checkbox"/>	Watch Drill	1. Pre-Round Mental Preparation
<input type="checkbox"/>	Practice Drill	Get ready to play your round before the round.
<input type="checkbox"/>	Watch Drill	2. Pre-Tournament Mental Preparation
<input type="checkbox"/>	Practice Drill	You might prepare differently for tourneys.
<input type="checkbox"/>	Watch Drill	3. When things go south during a round
<input type="checkbox"/>	Practice Drill	Do you have a Plan B? Better get one.
<input type="checkbox"/>	Watch Drill	4. Putting is a Journey, Not a Destination
<input type="checkbox"/>	Practice Drill	Even the pros struggle with putting.
<input type="checkbox"/>	Watch Drill	5. Recall Great Shots from the Past
<input type="checkbox"/>	Practice Drill	Keep a journal of your best shots for confidence.

Assignment 4

Done	Action	Description
<input type="checkbox"/>	Fill Out	Improvement Chart

Bonus Videos

Done	Action	Description
<input type="checkbox"/>	Optional	Take a Lesson from Tommy Bolt
<input type="checkbox"/>	Optional	Golf Swings Drill – 3 times this week
<input type="checkbox"/>	Optional	Triangle Stretch – 2 or 3 times this week
<input type="checkbox"/>	Optional	Neck Stretch – 2 or 3 times this week
<input type="checkbox"/>	Optional	Body Bridge Glute Raises – do this moderately
<input type="checkbox"/>	Optional	Ball Squats / Sissy Squats – 2 or 3 times this week