



# Swing Training

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## Back Kicks



## Triceps Press



# Hammer Curls



## Legs Up



## Sit Ups



## Crunches



## Standing Rotation



## Bent Over Rowing



## Flys Reverse



## One Hand Flys Reverse



## Rhombos



## Side Raise Rotation



## Front Raise





## Shoulders Press



## Side Raise



## Hips Up + Push



## Lunges



## Side Lunges



## Squat



## Flys



## Chest Press



## Crossing Elbows



## Pull Over



# Swing



# Clean Press



# One Arm Squat





# Rotation Punch



# Hands Up Lunges



# Hands Up Crunch



# One Arm Swing



# Push Press



# Hands Up Squat



# Windmill



# Rotation Lunges





# Russian Twist

