

# Disc Golf Handbook

## Warm-Up

	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Disc Orbit						
Scarecrow						
Sprinkler						
Sideways Lunge						
Forearm Stretch						

## Beginner Strenthening and Mobility

	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Reverse Reaches						
Side Lying Open Book						
Thread the Needle						
Open the Door						
Upward Diagonals						
Downward Diagonals						
Wrist Curls: Flexion						
Wrist Curls: Extension						
Pallof Press						

## Advanced Strenthening and Mobility

	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Shin Box						
Forward Reach						
Child's Pose Rotations						
Shoulder Internal Rotations						
Shoulder External Rotations						
Forearm Supination/Pronation						
Disc Swings						
Turkish Get-Up to Elbow						
Side Stepping						