

Physical Exercises for Each Hole

Hole 1: Jumping Jacks

Hole 2: Squats

Hole 3: Push-ups

Hole 4: Star Jumps

Hole 5: Lunges (alternate legs)

Hole 6: Sit-ups

Hole 7: High Knees (count each knee lift as one rep)



Hole 8: Burpees

Hole 9: Side Lunges (count each side)

Hole 10: Shoulder Taps (in push-up position)

Hole 11: Plank Jacks

Hole 12: Mountain Climbers (count each knee drive)

Hole 13: Arm Circles (forward and backward, half the reps for each direction)

Hole 14: Frog Jumps

Hole 15: Skaters (side-to-side jumps)

Hole 16: Wall Sits (hold for the number of seconds equal to the score)

Hole 17: Reverse Crunches

Hole 18: Tuck Jumps



SCORECARD

PLAYER/GROUP NAME: _____

HOLE	GUESS	ACTUAL VALUE	SCORE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			

TOTAL SCORE: