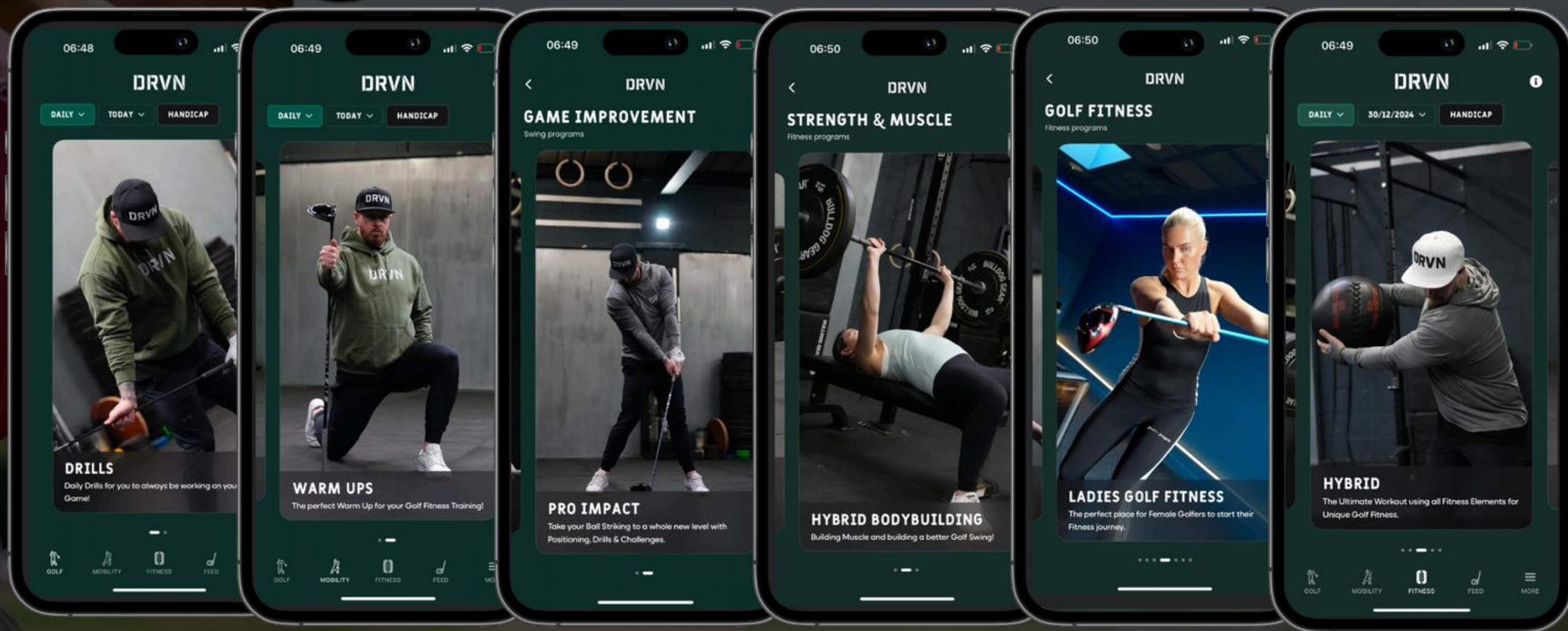


DRVN



Golf Training Programs

How to be successful with the Best Workouts in Golf!

A man with tattoos on his arms, wearing a red t-shirt, black pants, and a black cap with 'DRVN' on it, is pulling a thick, dark rope in a gym. He is wearing white sneakers. The background shows gym equipment like weight racks and plates.

DRVN

OUR MISSION:

**TO INSPIRE
HEALTH AND
FITNESS...**

THROUGH AND FOR GOLF.

WHAT IS GOLF FITNESS?

Golf Fitness is Fitness.

We want you to improve how you move so you feel flexible, can deliver a great golf swing and stay injury free.

We want you to feel effortlessly powerful so you can hit longer drives, knock it past your playing partners and enjoy this game more than ever.

We want you to play more golf now and long into the future so you can enjoy the thing you love more and more.

But more than anything, we want to help, inspire and guide you to better health and fitness so that everything in your life is improved.

This is our passion, this is 'through and for golf' and this is how you experience your best on and off the course.

DRVN

YOUR GOLF FITNESS JOURNEY:

We have 2 main pathways to build your Golf Fitness Lifestyle.

Daily

The future of Golf Fitness! Our Daily workouts are designed as year round Golf Strength and Conditioning with 5 options for all Golfers.

4 main workouts a week with optional Muscle Building, Cardio and Biomechanics, follow the Daily Workouts if you are ready to make Golf and Fitness your Lifestyle for the best results possible.

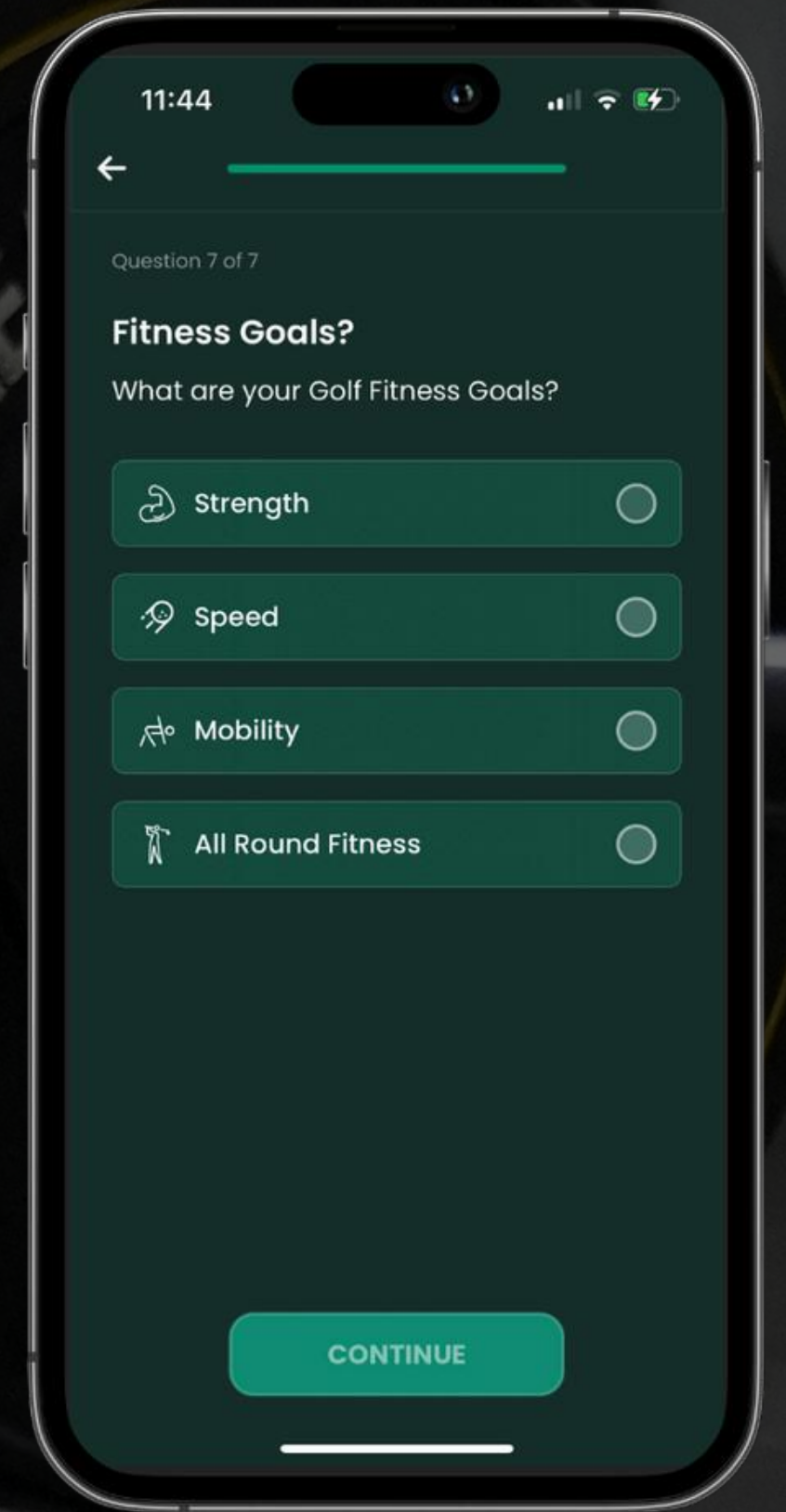
Programs

Set duration, specific programs that are designed for your Goals right now.

Using our simple new Onboarding system you will have the right program for your time, equipment, goals and experience in less than 1 minute.

You follow the program, track it day by day, week by week and when you're done, we have the next program ready and waiting.

This is best for someone looking to build consistency and have an end goal in mind whether that's 4-6-8-12 weeks and stay consistent on that program.



DRVN

HOW DO OUR PROGRAMS WORK?

We do all of the work, you just follow the Program.

Programs

We design all of our Golf Training Programs to make them effective, perfect for your level and easy to follow. We create programs for every level of Golfer so we absolutely have the workouts for you.

The length of the program, the number of days per week and over the overall aims are our focus, for you, implement it in the best way for you and your goals.

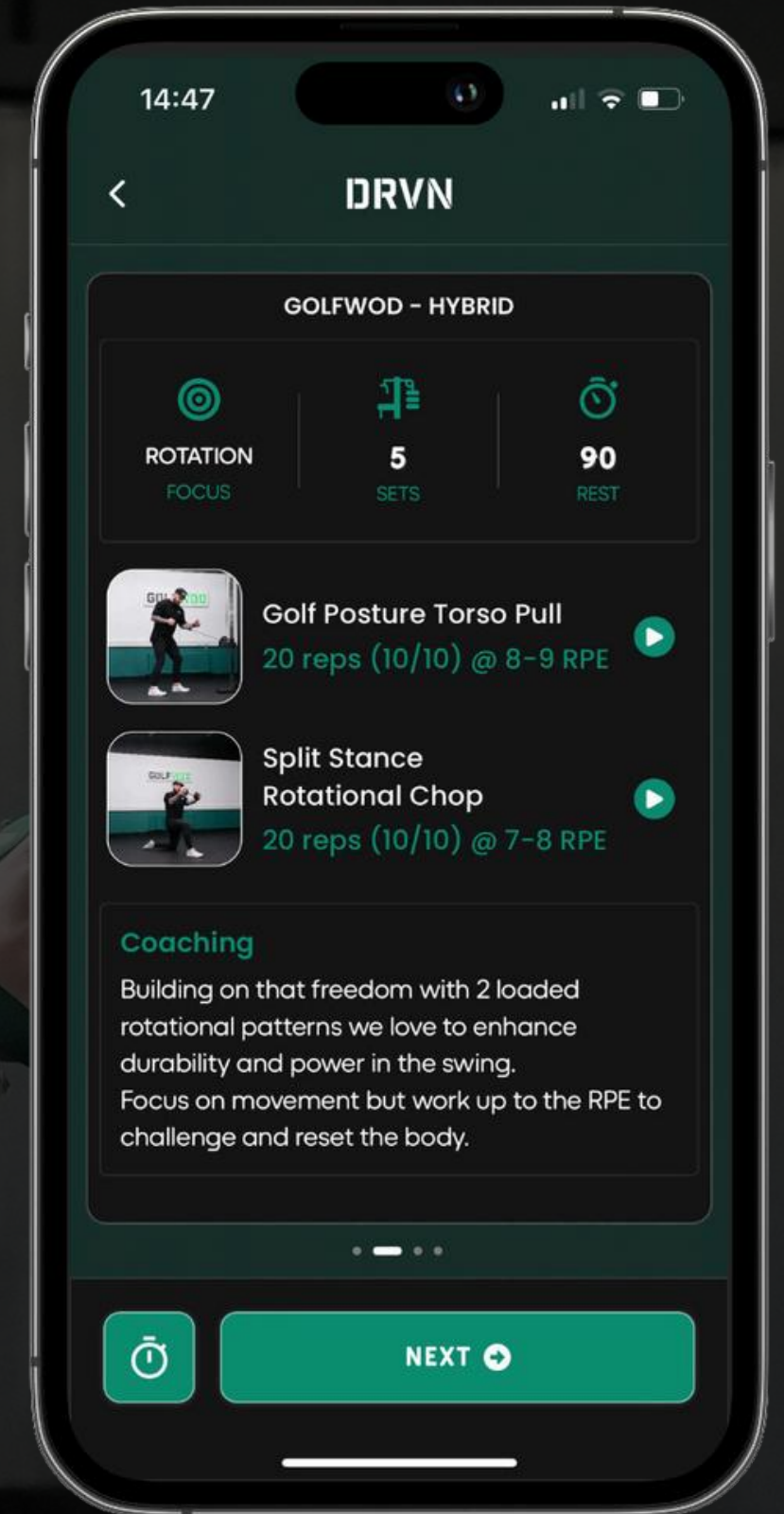
Workouts

Our workouts are unique, this is why they are the Best Workouts in Golf!

In the majority of our programs, we combine movements to compound results and deliver an amazing Golf Fitness stimulus. So when completing the workouts you perform each exercise in the sequence they are laid out for the number of sets given with rest periods set.

This design means more progress in less time and the most enjoyable training program you've ever done and we are only ever getting better.

We hand write all of these workouts and always will. That's how you Golf Strong.



DRVN

YOUR GOLF FITNESS HANDICAP

Train Like You Play and track your progress to stay consistent.

What is it?

This is your workout scorecard! You can use our Training Logs all the way through your workouts to record all of your details, you can track weights against all exercises and with the Golf Fitness Handicap you add a fun, engaging scoring element to your Training.

Complete your workout, submit your scorecard to reduce your Handicap.

How does it work?

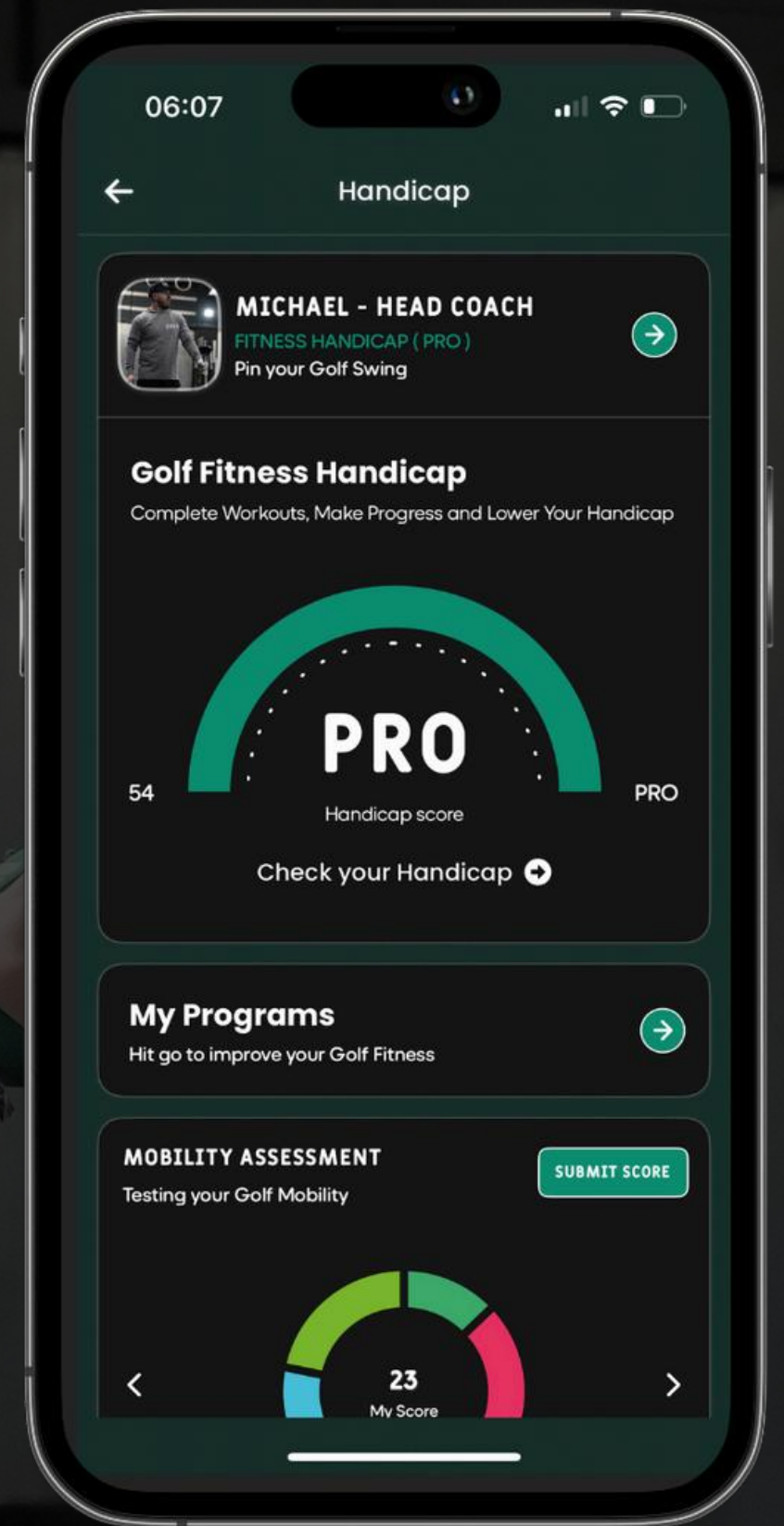
Super simple, the more you train the lower your Handicap.

Fall off a little? Your Handicap is going up.

This is how you Train Like You Play!

Submit a Workout, Mobility or Practice Session and your Score goes down by 1. Don't login and complete for a few days? You're going up by 1!

Start at 54 and can go all the way through to become a DRVN Pro, can you do it?



DRVN

DRVN DAILY WORKOUTS

Year round Golf Strength and Conditioning so you can train and play like the best!

How it works:

To build consistency, progress and incredible results into your everyday!

With fresh workouts every week specifically designed for the golf season all you have to do is follow the program, we do everything else!

Add in Daily Mobility, Warm Ups, Drills & Challenges and you literally have a Tour Level Training Team on demand anywhere, any time!

The really cool thing here is that all 5 programs are completely interchangeable meaning if your location, equipment or time changes any given day, you can switch between programs but stay on your overall plan. How?

All 5 of the programs are designed around the same stimulus and aims but give you all options needed for equipment and time.

The best workouts, loved by thousands and designed specifically by our Head of Performance Michael who has over a decade of high level experience as a PGA Professional Golfer and decorated Fitness Professional.

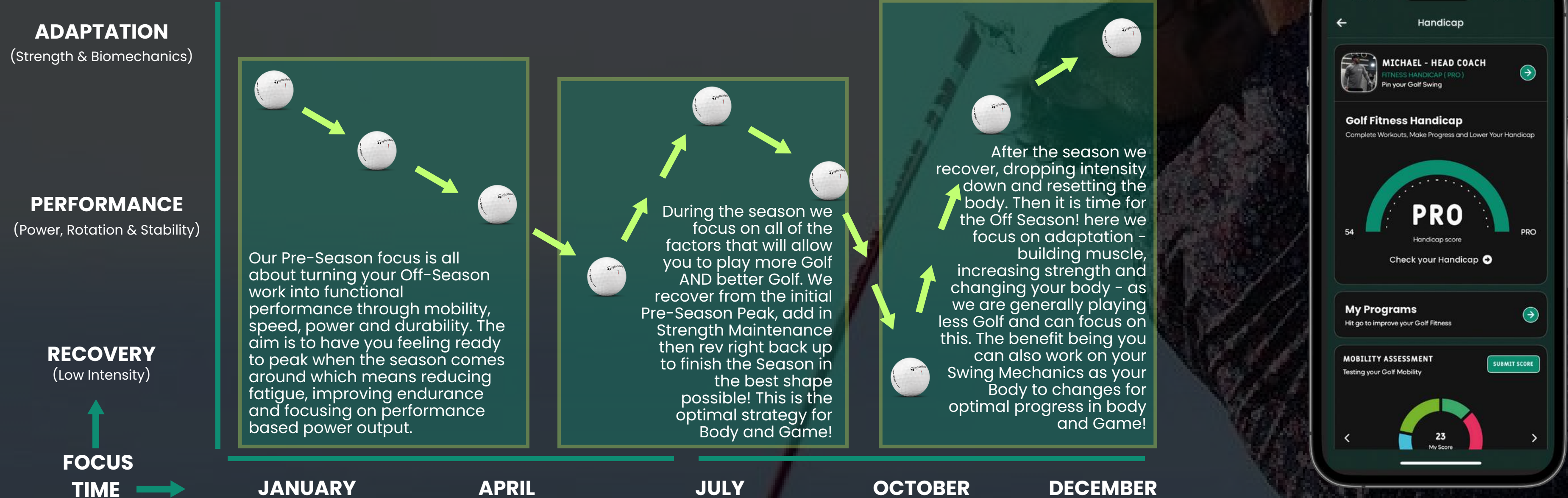
The future of Golf Fitness is here.



DRVN

GOLF TRAINING FOR THE WHOLE SEASON:

How do you train for Golf? This is how! We specifically design our Training around the Golf Season to help you build muscle, get fast and play your best Golf at the right times!



This is a yearly overview and gives you great insight into how we create year round progress and performance for Golfers of all levels to build the body and Golf Swing they truly want. We build all elements into each workout and this really is the future of Golf Fitness. Your best Golf? You have to be DRVN.

DAILY HYBRID

Who it's for:

This is our mainline performance program and the program our Team follows personally. This is a challenging program with all elements of fitness and some equipment many people might not have access to like Landmines. This is for the Golfer who wants to Train for Performance, Strength and Muscle Building for year round performance and a constant, progressive challenge.

How does it work:

4 Days of structured programming per week with a Functional design that segments training throughout the week and utilises progressive overload with contrast supersets and movements for next level Golf performance. The additional three days you can rest or you can build additional days with our Biomechanics, Bodybuilding and Cardio options delivered alongside and for the Hybrid program.

Coaches Notes:

'If you want to train like an athlete, feel good, look good and play good then Hybrid is for you! It is better than ever right now and if this is your level, you are going to love the journey and see it on the course too!

HYBRID



UNIQUE GOLF FITNESS FOR
HYBRID STYLE TRAINING



SPECIFIC CYCLES AND
PHASES FOR THE SEASON



45-75 MINUTES



ALL EQUIPMENT + SPECIALIST
OPTIONS REQUIRED



4 SET WORKOUTS PER WEEK &
3 OPTIONAL DAYS

DRVN

DAILY FUNCTIONAL

Who it's for:

The original GOLFWOD! This is your Functional Fitness style, high intensity design that gives you golf specific training with all lifts, challenging workouts and varied delivery. All workouts can be scaled for any level but experience in compound and Olympic Lifts is really requires. The OG.

How does it work:

4 Days of structured programming per week with a Functional design that segments training throughout the week and utilises progressive overload with contrast supersets and movements for next level Golf performance. The additional three days you can rest or you can build additional days with our Biomechanics, Bodybuilding and Cardio options delivered alongside and for the Hybrid program.

Coaches Notes:

'This really is close to our original programming although without question it has become more Golf Performance based than the early days – those were tough so if you're an OG Member props to you! High intensity for amazing fitness of the course and great play on it.'

FUNCTIONAL



CHALLENGING YEAR ROUND DESIGN – THE OG!



SPECIFIC CYCLES AND PHASES FOR THE SEASON



45–75 MINUTES



FULL FUNCTIONAL EQUIPMENT REQUIRED.



4 SET WORKOUTS PER WEEK & 3 OPTIONAL DAYS

DRVN

DAILY LIFESTYLE

Who it's for:

Someone who wants a full, challenging workout but wants to spend less time in the gym! Full equipment, high quality stimulus and all in under 45 minutes. We take the most impactful elements of Functional and Hybrid, refine our design and give you a workout that not only fits your Lifestyle, but crushes your goals too.

How does it work:

4 Days of structured programming per week with a Functional design that segments training throughout the week and utilises progressive overload with contrast supersets and movements for next level Golf performance. The additional three days you can rest or you can build additional days with our Biomechanics, Bodybuilding and Cardio options delivered alongside and for the Hybrid program.

Coaches Notes:

'Exactly as it sounds – the same workout but in less time! This is a huge favorite among our Members which makes sense because making time can be hard. The answer? Go Lifestyle.'

LIFESTYLE



CHALLENGING YEAR ROUND
DESIGN FOR YOUR LIFESTYLE



SAME DESIGN AS FUNCTIONAL
& HYBRID IN LESS TIME



45 MINUTES OR LESS



FULL FUNCTIONAL EQUIPMENT
REQUIRED



4 SET WORKOUTS PER WEEK &
3 OPTIONAL DAYS

DRVN

DAILY CONVENTIONAL

Who it's for:

For anyone who trains in a Conventional, Globo style Gym and enjoys using Cables and Machines in their fitness. Lower intensity and designed with more separation so you can easily navigate a busy gym environment. Strong Golf Performance focus with Core, Cardio and Muscle Building throughout.

How does it work:

4 Days of structured programming per week with a Conventional design that segments training throughout the week and utilises progressive overload with contrast supersets and movements for next level Golf performance. The additional three days you can rest or you can build additional days with our Biomechanics, Bodybuilding and Cardio options delivered alongside and for the Hybrid program.

Coaches Notes:

'Getting your training is our priority and the aim here is to give you the best program possible for a busy gym using the equipment that you value the most.'

CONVENTIONAL



DRVN WORKOUTS FOR
CONVENTIONAL GYMS



SPECIFIC CYCLES AND
PHASES FOR THE SEASON



45-60 MINUTES



CONVENTIONAL GYM STYLE
WITH WEIGHTS & MACHINES



4 SET WORKOUTS PER WEEK &
3 OPTIONAL DAYS

DRVN

DAILY SCRATCH

Who it's for:

Anyone who wants to jump into a simple, short workout and know that it is going to be awesome for Body and Game. We make SCRATCH challenging and accessible so whether you follow this program daily or need to swap it in to replace your chosen Program when short on time or travelling, this is how you know to always be making progress.

How does it work:

7 Days a week, 30 minutes or less and low equipment mean this is a go to for anyone basically at any time. Ideal for when you don't have access to normal equipment or just don't have the time. Jump in, get done and feel awesome.

Coaches Notes:

'We always want to give you every opportunity to get your training in and SCRATCH is a huge part of that. Right there, ready to go whenever you need it.'

SCRATCH



LOW EQUIPMENT GOLF
WORKOUT OF THE DAY



GOLF FOCUSED WORKOUTS
WITH NO SET PROGRAM



30 MINUTES



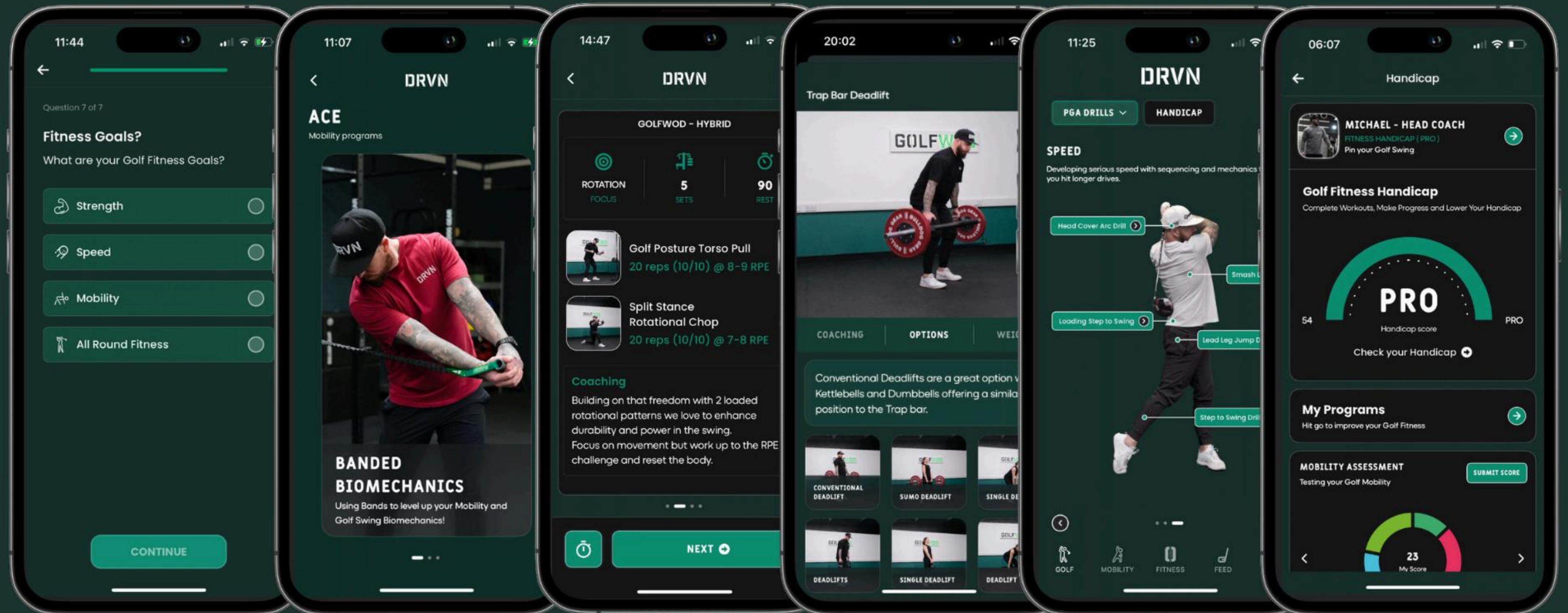
LOW EQUIPMENT REQUIRING
SINGLE WEIGHT AND BANDS



7 DAYS A WEEK TO FIT INTO
YOUR SCHEDULE!

DRVN

THE COMPLETE GOLF TRAINING APP



DRVN PROGRAMS

Golf Specific programs for every single Golfer to make real progress.

How they work:

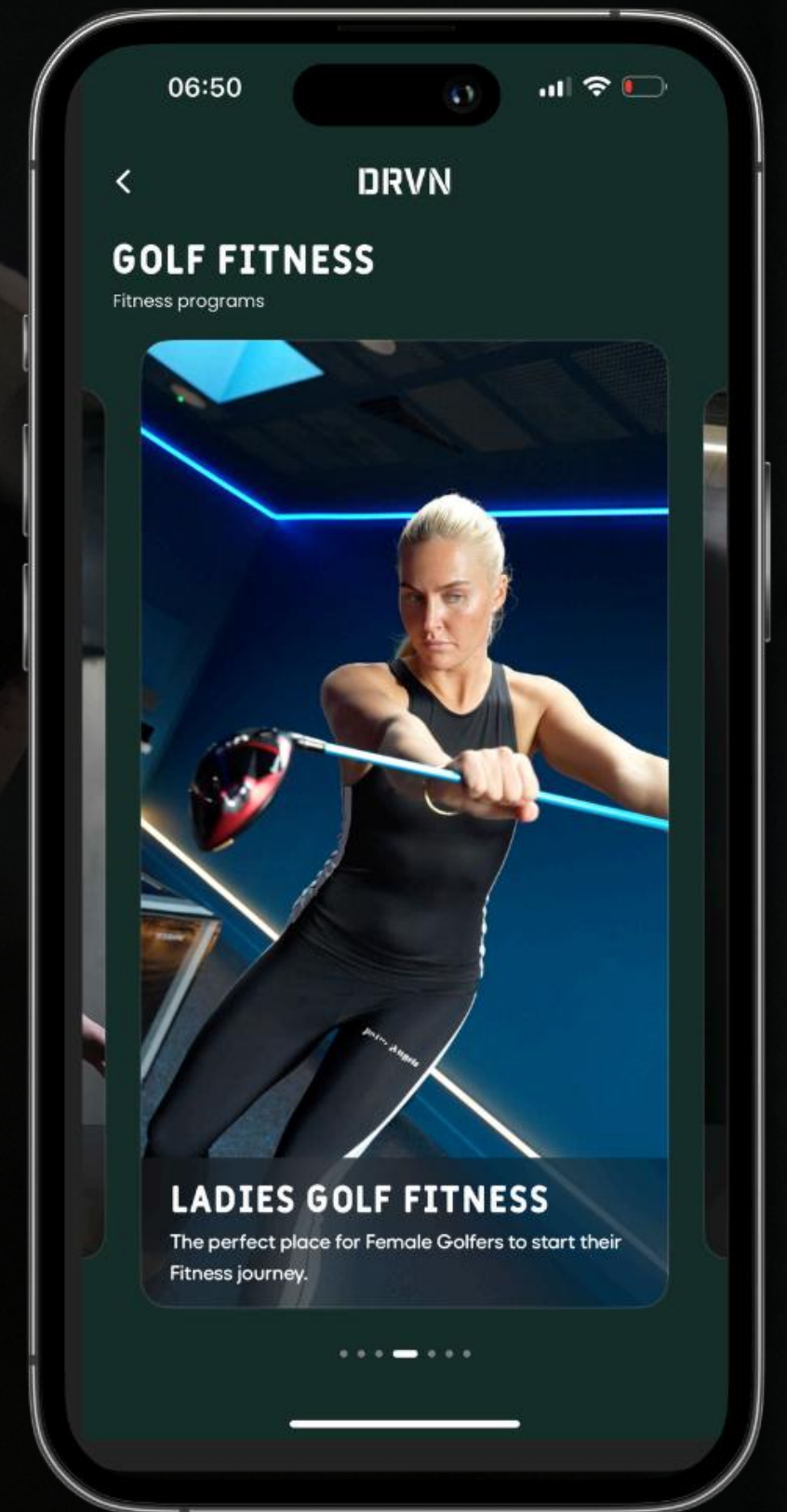
Set Programs to give you a clear focus and clear start and end point: if you need to commit, track your progress and smash through your goals right now.

These programs have a set number of weeks, with a set number of days per week giving you control of how you setup your training schedule and how quickly you work through the program is also up to you.

We have the perfect place for you to start as we have beginners and zero equipment options all the way through to high level speed and strength programs specifically designed for Golfers.

And you will also always have the perfect progression – finish your program right now, look to the follow on program, reset your goals and get a new recommended program or if you're ready, switch to the daily workouts and follow the best Workouts in Golf all year round.

Here to give you everything you need to be at your best on and off the course, it's time to commit to your program so you can Golf Strong.



DRVN

BREAK 90

GOLF FITNESS

Who it's for:

The perfect, all round Beginners Golf Fitness program.

This is about creating a foundation in your Golf and Fitness that will last a lifetime and allows you to progress into our more advanced programs. Easily accessible, low equipment and high focus on Strength, Stability and Biomechanics.

How does it work:

3 Workouts a Week and a Drills & Practice Session to give you the perfect balance of Fitness and Technical Progression.

8 Weeks in total, this is an ideal place for so many Golfers to start.

Coaches Notes:

'When you Break 90 on the course, it's a big deal and you know from that point on you are going to continue making progress every opportunity you get. Same for this program, do this and you can do a whole lot more into the future.'

BREAK 90



ENTRY LEVEL GOLF FITNESS TO
IMPROVE ALL AREAS



FOCUS ON STABILITY,
ROTATION AND FITNESS



45-60 MINUTES



FREE WEIGHTS AND
BANDS/CABLES



3 WORKOUTS PER WEEK & A
DRILLS & PRACTICE SESSION

DRVN

BREAK 80

GOLF FITNESS

Who it's for:

At a level where you know you could really level up? Break 80 is for you!

The perfect follow on from Break 90 with the inclusion of Compound Lifts and an increase in challenge and equipment. An awesome program to take a solid level of fitness and get to that upper level.

How does it work:

4 Workouts a Week and you can add Drills & Practice Session to give you the perfect balance of Fitness and Technical Progression.

8 Weeks in total, this is an ideal place for so many Golfers to start.

Coaches Notes:

'Breaking 80 on the course means you've hit a certain level and it is a level we all want to experience – this program brings you closer to that. Increasing challenge week on week and using all elements of fitness to help you to that next level of Golf Fitness.'

BREAK 80



HOW TO TAKE YOUR GOLF & FITNESS TO THE NEXT LEVEL



INCREASING CHALLENGE FOR ALL ROUND GOLF GAINS



45-75 MINUTES



INCREASING THROUGHOUT THE PROGRAM TO FULL EQUIPMENT



4 WORKOUTS PER WEEK

DRVN

GET IN SHAPE

GOLF FITNESS

Who it's for:

The Golfer who needs to jump start their Golf Fitness Journey, hit the ground running and make some really significant progress. Very accessible in terms of timing and equipment so an ideal starting point for anybody.

How does it work:

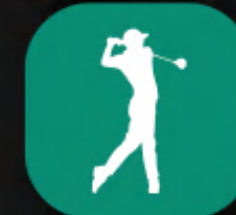
3 Workouts a Week and you can add Drills & Practice Session to give you the perfect balance of Fitness and Technical Progression.

6 Weeks in total and designed for easy access and a progressive challenge.

Coaches Notes:

'The hardest part is the first 2 weeks – stay consistent over this period of time and you will be able to keep making progress. Get In Shape delivers that consistency and will challenge you to exactly the right level for you right now and be a springboard to more in the future.'

GET IN SHAPE



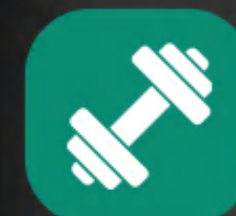
ALL ROUND GOLF FITNESS
FOR ALL LEVELS



6 WEEKS TO GET YOU FEELING
PREPPED AND READY TO GO



45 – 60 MINUTES



FREE WEIGHTS, CABLES OR
BANDS AND CARDIO



3 WORKOUTS PER WEEK

DRVN

LADIES GOLF FITNESS

GOLF FITNESS

Who it's for:

Lady Golfers! A structured design to focus on what matters most in terms of physical progressions and enjoying exercise. Combine Core, Stability and Rotation with general strength and speed work then you'll see incredible progress when you work on your Golf Swing.

How does it work:

3 Workouts a Week with a focused Drills & Practice Session to give you the perfect balance of Fitness and Technical Progression.

6 Weeks in total and designed for easy access and a progressive challenge.

Coaches Notes:

'All of our programs are designed to be for all golfers but we felt it very important to have a specific program in here to give the Lady Golfer a go to program. We did it and our Members love it!'

LADIES



THE PERFECT PROGRAM FOR FEMALE GOLFERS



FOCUS ON STABILITY, ROTATION AND CORE



45-60 MINUTES



FREE WEIGHTS AND BANDS/CABLES



3 WORKOUTS PER WEEK & A DRILLS & PRACTICE SESSION

DRVN

ATHLETE CAMP

GOLF FITNESS

Who it's for:

The Golfer with Fitness experience who wants to go all in for a 6 week Program for specific preparation: Golf Trips, Events etc. This is a short, structured performance program to accelerate progress and have you in phenomenal Golfing shape.

How does it work:

4 Workouts a Week and you can add Drills & Practice Session to give you the perfect balance of Fitness and Technical Progression.

6 Weeks in total and designed for easy access and a progressive challenge.

Coaches Notes:

'We know the feeling: that event on the horizon where you want the game to be on point and ready to go... This is the perfect prep program so if you need to be ready, time to go into camp!'

ATHLETE CAMP



PREPARE TO PEAK WHEN IT MATTERS MOST



6 WEEK PROGRAM FOR SPEED & PERFORMANCE



45-60 MINUTES



ALL EQUIPMENT



4 WORKOUTS PER WEEK

DRVN

OVER 50's

GOLF FITNESS

Who it's for:

The #1 program for Senior Golfers. We focus on stability and mobility whilst still lifting weights to maintain muscle mass and joint integrity and over the course of the program you will develop all round fitness and longevity as well as improve performance on the golf course.

How does it work:

3 Workouts a Week with a focused Drills & Practice Session to give you the perfect balance of Fitness and Technical Progression.

6 Weeks in total and designed for easy access and a progressive challenge.

Coaches Notes:

'Golf is incredible in the fact that you can literally play for a lifetime and that is something we want to help you with. With this specific program, you look after your body in a whole new way and your Golf Swing will thank you.'

OVER 50's



FOCUS ON STABILITY,
MOBILITY & ROTATION



LOW IMPACT FITNESS FOR THE
MORE SENIOR GOLFER



60 MINUTES OR LESS



FREE WEIGHTS, CABLES OR
BANDS AND CARDIO



3 WORKOUTS PER WEEK

DRVN

HYBRID BLAST

GOLF FITNESS

Who it's for:

Someone who loves to train, wants to work at high intensity but also wants it to benefit their Golf Swing in less time. Sound like too much to ask? Not anymore, BLAST gets it done!

How does it work:

3 Workouts a Week and you can add Drills & Practice Session to give you the perfect balance of Fitness and Technical Progression.

4 Weeks in total and designed for someone who is ready to lock in, do the work and phenomenal progress in less time.

Coaches Notes:

'A unique program requested by one of our DRVN Athletes, this goes hard! An amazing way to train, save time and make serious Golf Gains! Add in mobility and technical work to level up.'

HYBRID BLAST



HIGH INTENSITY GOLF
FOCUSED WORKOUTS



4 WEEK PROGRAM TO
PROGRESS AND REPEAT



45 MINUTES PER WORKOUT



ALL EQUIPMENT



3 WORKOUTS PER WEEK

DRVN

BREAKING 100MPH

SPEED

Who it's for:

The Golfer who is ready to step up their distance and start shooting better scores on the course. The 100mph Swing Speed barrier is one we want you to cross and with this program, you will.

How does it work:

3 Workouts a Week alongside a specific Technical Speed Session to give you the perfect balance of Fitness and Technical Progression.

6 Weeks in total and designed for the Golfer who wants to see clear progress on the course and watch their drives travel further!

Coaches Notes:

'Speed is a big deal and this program is super accessible for any level, creating specific progress even if you are not experience in your training. This is a huge opportunity so get ready to break 100.

BREAKING 100!



FOUNDATIONAL SPEED AND PERFORMANCE PROGRAM



TRAINING TO HELP YOU GET 100MPH CLUB HEAD SPEED



45 TO 60 MINUTES



FREE WEIGHTS, CABLES OR BANDS AND CARDIO



3 WORKOUTS PER WEEK + 1 TECHNICAL SPEED SESSION

DRVN

BREAKING 110MPH

SPEED

Who it's for:

A more advanced Speed Training Program for a Golfer with increased fitness and experience. This brings in compound lifting, challenges your body and focuses in on speed for Golf Specific Gains.

How does it work:

3 Workouts a Week alongside a specific Technical Speed Session to give you the perfect balance of Fitness and Technical Progression.

6 Weeks in total and designed for the Golfer who wants to see clear progress on the course and watch their drives travel further!

Coaches Notes:

'The perfect follow on from the Breaking 100 program and again, we design this to give you an incredible Golf Fitness all round but with a clear speed focus. Expect to lift heavy and move fast to level up.'

GAINS: 110MPH



INTERMEDIATE TO ADVANCED
SPEED & STABILITY WORK



PERFORMANCE TRAINING TO
GET YOU TO 300 YARDS!



60 MINUTES OR LESS



GYM SETUP RECOMMENDED
WITH COMPOUND LIFTING



3 WORKOUTS PER WEEK +
1 TECHNICAL SPEED SESSION

DRVN

+10MPH SPEED

SPEED

Who it's for:

This is a program for all levels, requires full gym equipment and will help any Golfer gain serious club head speed. With clear progressions and a speed focused design you can use this program many times if you want to keep build your swing speed.

How does it work:

3 Workouts a Week alongside a specific Technical Speed Session to give you the perfect balance of Fitness and Technical Progression.

6 Weeks in total and designed for the Golfer who wants to see clear progress on the course and watch their drives travel further!

Coaches Notes:

'This is a go to program for any golfer at any time of the year to have a focused training phase to swing the club faster! It will also help you move better and improve longevity as you improve your Golf Fitness.'

+10 MPH SPEED



FOCUSED ON SERIOUS SPEED GAINS FOR YOUR SWING



6 WEEK PERIODISED PROGRAM FOR YOU TO PEAK



45-75 MINUTES



ALL EQUIPMENT



3 WORKOUTS PER WEEK & TECHNICAL SPEED SESSION

DRVN

ALL OUT SPEED

SPEED

Who it's for:

'The Golfer who wants to get seriously FAST! This is out ultimate speed program with an increasing challenge from day 1 that will yield phenomenal progress for your Golf Swing.

How does it work:

3 Workouts a Week alongside a specific Technical Speed Session to give you the perfect balance of Fitness and Technical Progression.

6 Weeks in total and designed for the Golfer who wants to see clear progress on the course and watch their drives travel further!

Coaches Notes:

'This program is as fun as it is challenging! Expect challenging workouts, explosive exercises and a training program that has you ready to go fast from the moment you start.'

ALL OUT SPEED



ADVANCED, CHALLENGING & EXPLOSIVE WORKOUTS



BUILDING HIGH PERFORMANCE UP TO 120MPH CLUB SPEED!



60 MINUTES OR LESS



GYM SETUP RECOMMENDED WITH COMPOUND LIFTING



3 WORKOUTS PER WEEK + 1 TECHNICAL SPEED SESSION

DRVN

SPEED PRO 30

SPEED

Who it's for:

For the Golfer who wants to gain speed but spend way less time in the gym following workouts that make sense and are consistent. Minimal equipment, simple design and unreal results to help you get faster in less time.

How does it work:

3 Workouts a Week in a short period of time to fit your lifestyle. Add in speed & technical work on demand in the app to maximise progress.

6 Weeks in total and designed for the Golfer who wants to see clear progress on the course and watch their drives travel further!

Coaches Notes:

"Get fast, fast! Short, high quality, high intensity workouts to get you making real progress that you see on the course and in the mirror. Increase clubhead speed and only be in the gym for 30 minutes? Let's go."

SPEED PRO 30



CLUB HEAD SPEED
FOCUSED WORKOUTS



6 WEEK PROGRAM BUILT IN 2
WEEK BLOCKS TO PROGRESS



30 MINUTES PER WORKOUT



DUMBBELLS/KETTLEBELLS,
BANDS & A BOX



3 WORKOUTS PER WEEK

DRVN

STRENGTH & PERFORMANCE

STRENGTH & MUSCLE

Who it's for:

Someone looking for a super high quality, structured training program to genuinely focus on changing their body, increasing performance and playing better golf. Programs don't get better than this.

How does it work:

4 Workouts a Week with progressive overload, increasing challenge and performance driven strength and conditioning.

12 Weeks in total so this is the perfect program to commit to long term progress and set a foundation to work with DRVN!

Coaches Notes:

'This is close to one of our original programs and if you can go the full 12 weeks you will be astonished with how much progress you will make. We think of everything, you follow the program and the result? Serious Golf Gains.'

STRENGTH & PERFORMANCE



ADVANCED FUNCTIONAL
GOLF FITNESS



12 WEEK PERIODISED
PROGRAM FOR YOU TO PEAK



45-75 MINUTES



ALL EQUIPMENT



4 WORKOUTS PER WEEK

DRVN

HYBRID BODYBUILDING

STRENGTH & MUSCLE

Who it's for:

Who wants to look good, feel good and play great. Building muscle and improving your Golf Performance absolutely can be done and this right here is the program to do just that.

How does it work:

4 Workouts a Week with a lifting focus alongside Golf Specific Biomechanics and a Practice and Drills Session.

6 Weeks in total with a design to change your body, this is also a program that can be repeated at increased intensity for more gains.

Coaches Notes:

'Gotta love this program! the Hybrid series are designed for a challenge that Golf hasn't seen before and when you hit this program, you will standout in your 4 ball. Jacked and swinging like a pro? Welcome to Hybrid.'

HYBRID BODYBUILDING



BUILD MUSCLE AND DEVELOP
GOLF PERFORMANCE



6 WEEK PERIODISED
PROGRAM FOR YOU TO PEAK



45 - 75 MINUTES



ALL EQUIPMENT



4 WORKOUTS PER WEEK +
DRILLS & PRACTICE SESSION

DRVN

GOLF STRONG

STRENGTH & MUSCLE

Who it's for:

The Golfer looking for a simple, effective strength program to improve all areas of Golf Fitness but specifically, Strength. And strength is so much more than muscle, it is the foundation of your health and fitness and a huge factor toward Longevity. Time to Golf Strong.

How does it work:

3 Workouts a Week with a lifting focus alongside Golf Specific Biomechanics. Add On Demand Drills and Practice as desired.

8 Weeks in total with a design to change your body, this is also a program that can be repeated at increased intensity for more gains.

Coaches Notes:

'Getting you strong in less time and with our most simple program design ever. Follow along, get stronger, improve performance and all in less time. Awesome place to start for so many Golfers.

GOLF STRONG



FOUNDATIONAL STRENGTH
PROGRAM FOR ALL LEVELS



8 WEEK PERIODISED
PROGRAM FOR YOU TO PEAK



45-75 MINUTES



ALL EQUIPMENT



3 WORKOUTS PER WEEK

DRVN

KETTLEBELLS

TIME & EQUIPMENT

Who it's for:

The Golfer who loves a Kettlebell and only needs one to create incredible Golf Fitness. A super accessible program with unique challenges and a simple flow.

How does it work:

3 Workouts a Week with Kettlebell and Bodyweight exercises plus you can add On Demand Drills and Practice as desired.

4 Weeks in total with a design to change your body, this is also a program that can be repeated at increased intensity for more gains.

Coaches Notes:

'So many of you love Kettlebells, we had to have a new, updated program just for them. Such a unique, simple and effective program. You can also complete this with just a single Dumbbell, likewise you can switch the Dumbbell program to Kettlebells for a double challenge.'

KETTLEBELLS



PERFECT FOR ALL GOLFERS WHO LOVE KETTLEBELLS.



4 WEEK PROGRAM TO PROGRESS AND REPEAT



40 MINUTES OR LESS



ALL SINGLE KETTLEBELL WORK



3 WORKOUTS PER WEEK

DRVN

DUMBBELLS

TIME & EQUIPMENT

Who it's for:

Flip it to Dumbbells but a key aspect being this requires a pair of Dumbbells (you can switch either Dumbbell and Kettlebell Program for the alternate too)

How does it work:

3 Workouts a Week with Dumbbell and Bodyweight exercises plus you can add On Demand Drills and Practice as desired.

4 Weeks in total with a design to change your body, this is also a program that can be repeated at increased intensity for more gains.

Coaches Notes:

'Similar to the Kettlebell program, this was by high demand and we went all in to create a unique Golf Fitness challenge. Work on full body Golf Fitness with only Dumbbells and chase those Golf Gains.'

DUMBBELLS



PERFECT FOR ALL GOLFERS WHO LOVE DUMBBELLS.



4 WEEK PROGRAM TO PROGRESS AND REPEAT



45 MINUTES OR LESS



ALL SINGLE OR DOUBLE DUMBBELL WORK



4 WORKOUTS PER WEEK

DRVN

SCRATCH PRO 30

TIME & EQUIPMENT

Who it's for:

For the player who loves a high intensity challenge but only wants to use minimal equipment and get it done in an awesome 30 minute window. More Golf Fitness, less time – this program hits hard.

How does it work:

4 Workouts a Week each with a different focus for the overall stimulus plus you can add On Demand Drills and Practice as desired.

6 Weeks in total with a design to accelerate your Golf Fitness. This is a program that can be repeated at increased intensity for more gains.

Coaches Notes:

'Less time, less equipment but no less of a challenge – SCRATCH Pro is a go to for so many of our busy members who love to train but have that busy lifestyle we all experience. Get in, get done and feel awesome.'

SCRATCH PRO 30



HIGH INTENSITY GOLF
FOCUSED WORKOUTS



6 WEEK PROGRAM BUILT IN 2
WEEK BLOCKS TO PROGRESS



30 MINUTES PER WORKOUT



DUMBBELLS/KETTLEBELLS,
BANDS & A BOX



4 WORKOUTS PER WEEK

DRVN

CABLES

TIME & EQUIPMENT

Who it's for:

This is ideal for Golfers who are already in the Gym, have access to a Cable Machine and want to work on Golf Specific Movements as often as possible. This will improve how you move in your Swing.

How does it work:

3 Workouts a Week focus on Cables (you can switch to Bands also) giving you an excellent, golf focused challenge with variable resistance for injury free training.

Add in Drills, Mobility and Practice on demand.

Coaches Notes:

'Whether you follow this program on its own or in addition to what you do already, you will make significant progress in your movement quality and how you hit the ball. Simple design, incredible results.'

CABLES



VARIABLE RESISTANCE FOR
LOW IMPACT GOLF FITNESS



4 WEEK PROGRAM TO
PROGRESS AND REPEAT



40 MINUTES OR LESS



CABLE MACHINES AND
BODYWEIGHT EXERCISES



3 WORKOUTS PER WEEK

DRVN

BANDS

TIME & EQUIPMENT

Who it's for:

This is ideal for Golfers who are already in the Gym, have access to a number of Bands and wants to work on Golf Specific Movements as often as possible. This will improve how you move in your Swing.

How does it work:

3 Workouts a Week focus on Bands (you can switch to Cables also) giving you an excellent, golf focused challenge with variable resistance for injury free training.

Add in Drills, Mobility and Practice on demand.

Coaches Notes:

'You can switch out the Bands and Cables programs for the alternative option at anytime and the resistance we then use helps us create our most Golf Specific Workouts so however you use them you will be making progress on and off the course.'

BANDS



VARIABLE RESISTANCE FOR
LOW IMPACT GOLF FITNESS



4 WEEK PROGRAM TO
PROGRESS AND REPEAT



40 MINUTES OR LESS



BANDS AND BODYWEIGHT
EXERCISES ONLY



3 WORKOUTS PER WEEK

DRVN

STRAIGHT 30

TIME & EQUIPMENT

Who it's for:

For any Golfer who wants a short, simple workout focused on improving your health, your fitness and your golf swing. Low equipment, super accessible and always ready to help you progress.

How does it work:

3 Workouts a Week using only Bands/Cables and Dumbbells/Kettlebells giving you an excellent, golf focused challenge you can do any time, anywhere.

Add in Drills, Mobility and Practice on demand.

Coaches Notes:

'We want incredible results, we also want to make it as easy and accessible as you need it for you to be successful. That is what this program is for – 30 minutes, in and out, making real Golf Gains.'

STRAIGHT 30



SIMPLE ALL ROUND GOLF & FITNESS PROGRESSIONS



4 WEEKS TO REPEAT OR PROGRESS



30 MINUTES



MINIMAL EQUIPMENT



3 WORKOUTS PER WEEK

DRVN

SCRATCH ZERO

TIME & EQUIPMENT

Who it's for:

For the Golfer who doesn't use equipment right now and wants to train for Golf. Excellent for all scenarios and the improvements in Mobility, Balance and Acceleration will be clear to see when you tee it up.

How does it work:

3 Workouts a Week requiring no equipment so you can get your workout in anywhere, any time and always be making progress.

Add in Drills, Mobility and Practice on demand.

Coaches Notes:

'Zero equipment training always has a place whether it's by choice or necessity, to have these workouts on hand make it so much easier for you to get your Golf Fitness done.'

SCRATCH: ZERO



ALL ROUND GOLF & FITNESS



4 WEEKS TO REPEAT OR
PROGRESS



30-45 MINUTES



NO EQUIPMENT



3 WORKOUTS PER WEEK

DRVN

MACHINES

TIME & EQUIPMENT

Who it's for:

The Golfer who loves to lift weights via machines for form, control and structure. We can build muscle, enhance overall fitness and develop performance with the design we have here – it goes hard.

How does it work:

3 Workouts a Week requiring a gym environment with Machines. If you have access to different machines that create the same challenge, switch out as needed.

Add in Drills, Mobility and Practice on demand.

Coaches Notes:

'Machines are an incredible way to add muscle to the body so within a well designed program this is a great choice for Golfers who want to guarantee form and change their body.'

MACHINES



MACHINE BASED GOLF
FITNESS WORKOUTS



4 WEEK PROGRAM TO REPEAT
AND PROGRESS



45-60 MINUTES PER WORKOUT



GYM SETUP



3 WORKOUTS PER WEEK

DRVN

HAVE YOU SUBSCRIBED TO OUR YOUTUBE CHANNEL: DRVNGOLF



TRAIN: ON DEMAND

ANYWHERE, ANY TIME

Daily Workouts, set Programs AND On Demand!

We want you to have complete control of your training so if you're not following a program right now, want to do something very specific or just need direction, you can get On Demand Golf Training in just 3 clicks!

Personalised Golf Fitness:

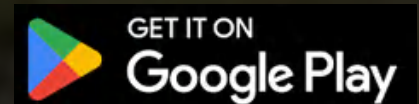
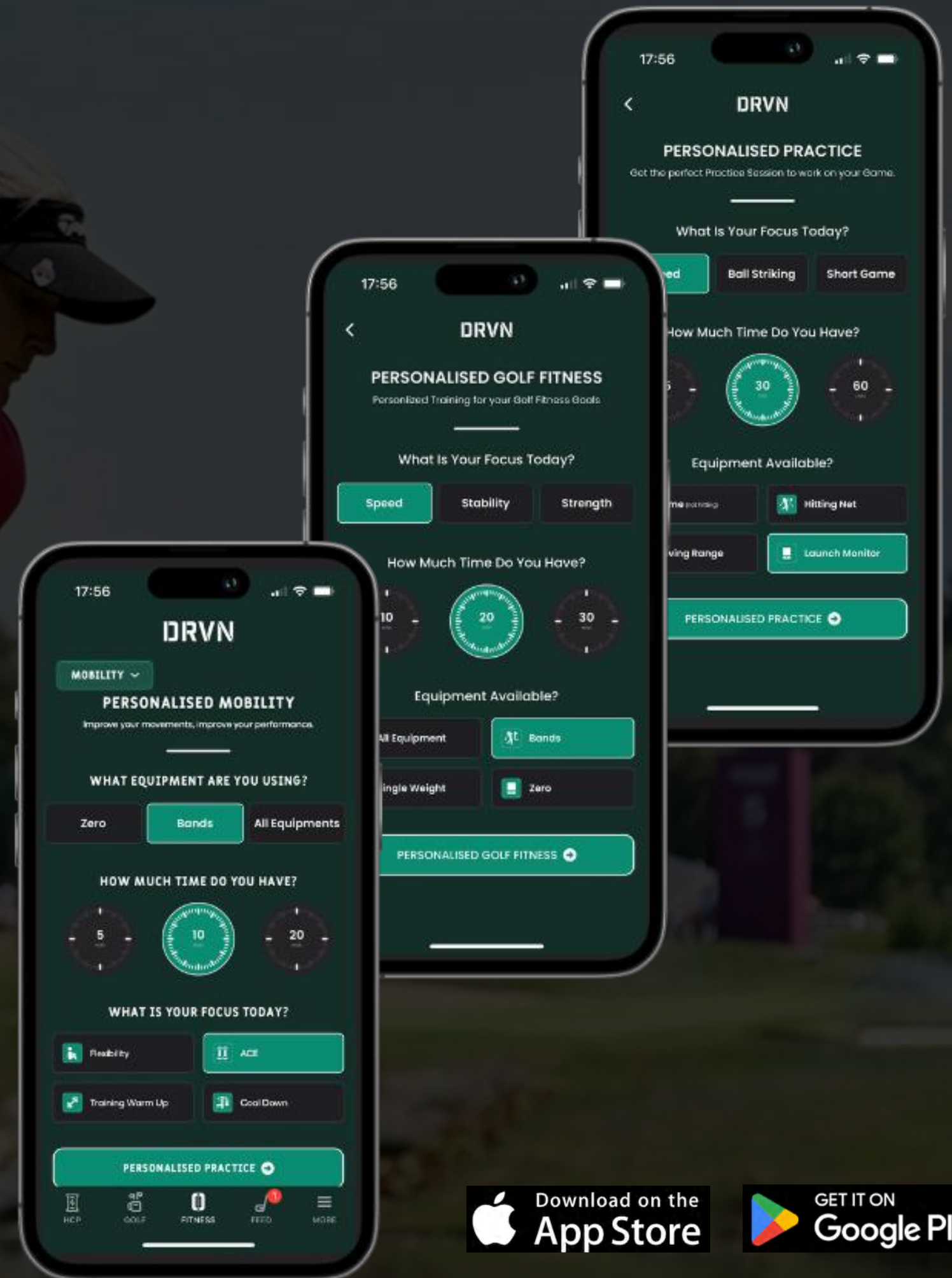
Workouts delivered for you based on Time, Equipment and your Training Goal.

Personalised Mobility:

On Demand Stretching and Mobility designed for your specific movement goals and always on hand to have you feeling your best.

Personalised Practice:

A huge element Golfers need to be taking advantage of as we design and deliver structured, challenging and fun practice sessions so you make more progress in less time.



DRVN DAILY MOBILITY

Everyday we deliver high quality Mobility and Warm Ups for Golf & Fitness.

How it works:

incredible options to help you improve Flexibility, Reduce Injuries and increase your progress in the Gym and on the Course.

With our Daily options you can build your routine, create a lifestyle and be consistent every day to enhance your all round progress.

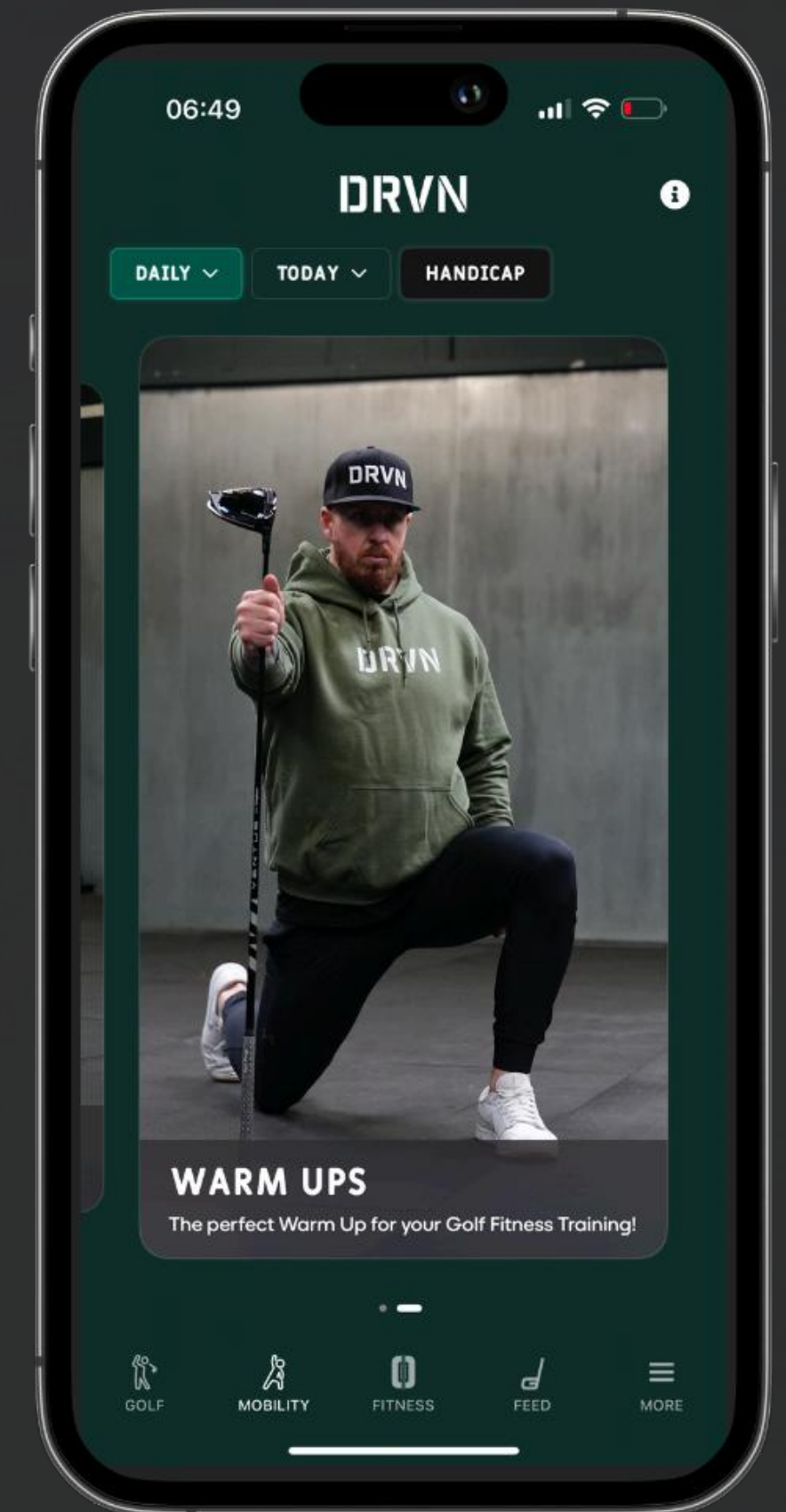
We have Daily Mobility which is focused on full body Flexibility and Movement control designed for both Body and Swing to improve everything that you do.

These sessions are between 10–20 Minutes, require little or no equipment and flow through the week to give you the kind of balance you've always dreamed of.

We also have Daily Warm Ups that are specifically designed to work alongside our Daily Workouts and our Daily Drills & Challenges.

Never again be left wondering what to do, we have you covered.

Move better, feel better and play Great!



DRVN

DRVN MOBILITY PROGRAMS

FLEXIBILITY

Who are they for:

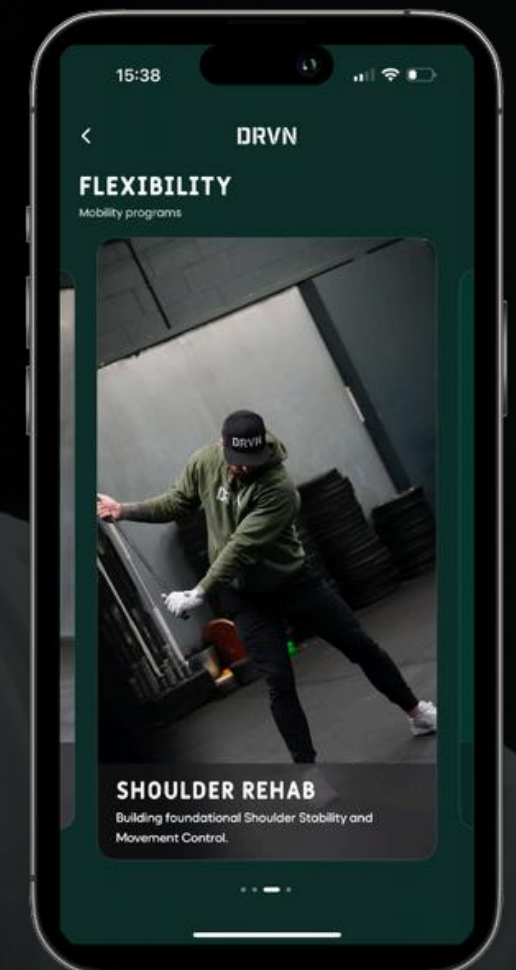
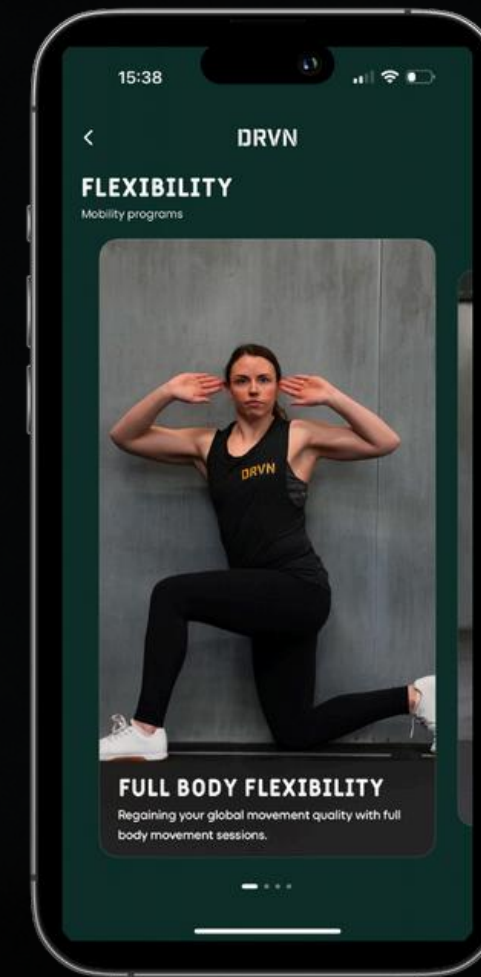
These are our foundational Flexibility programs and they are for all golfers! We all want to be more flexible so these programs have a place in your schedule at any level.

How do they work:

Set duration programs to be completed at your own pace. Simple movements, specific combinations and easy to follow duration for consistent progress.

Coaches Notes:

'Whether you want to work on the whole body or specifics, our Flexibility programs will help you reduce stiffness and restriction to improve everything you do. Choose your option and be consistent day to day, it's that simple.'



DRVN MOBILITY PROGRAMS

MOBILITY

Who are they for:

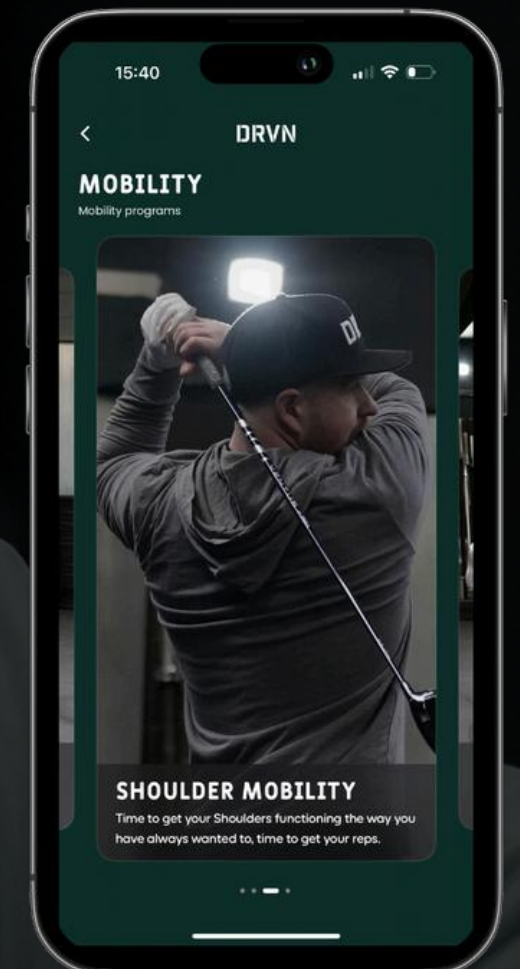
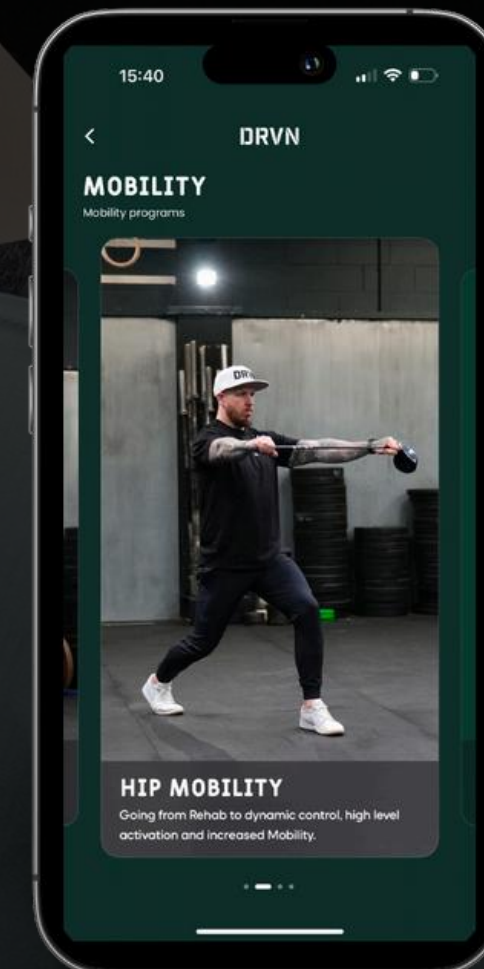
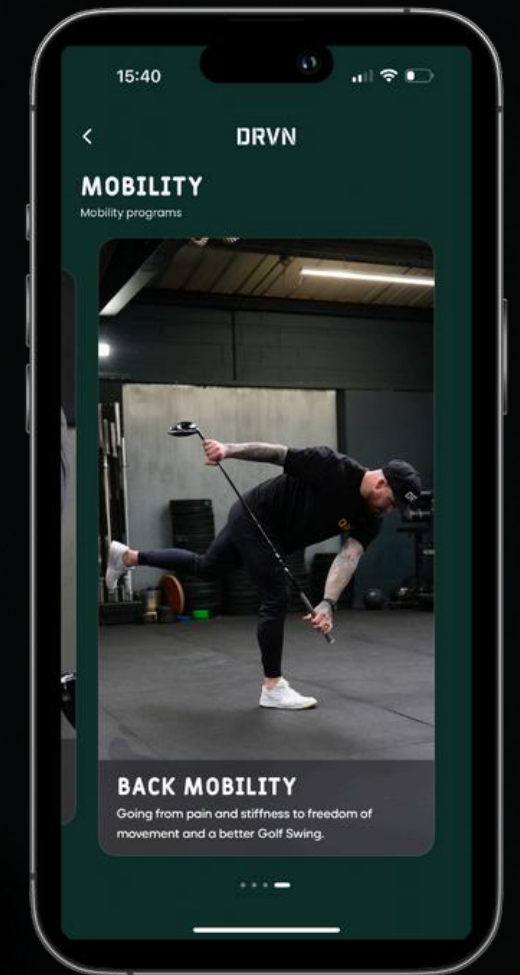
For the Golfer who is confident in their baseline Flexibility and isn't suffering Injuries, our Mobility Programs blend Flexibility and Dynamic Mobility for a high quality, Golf focused stretch.

How do they work:

Set duration programs to be completed at your own pace. Simple movements, specific combinations and easy to follow duration for consistent progress.

Coaches Notes:

'When you add Mobility to a solid foundation of Flexibility you will see incredible things in terms of your movement and your Golf Swing. These easy to follow programs are ideal for any level of Golfer and will have you feel tremendous.'



DRVN MOBILITY PROGRAMS

ACE – Advanced Corrective Exercises

Who are they for:

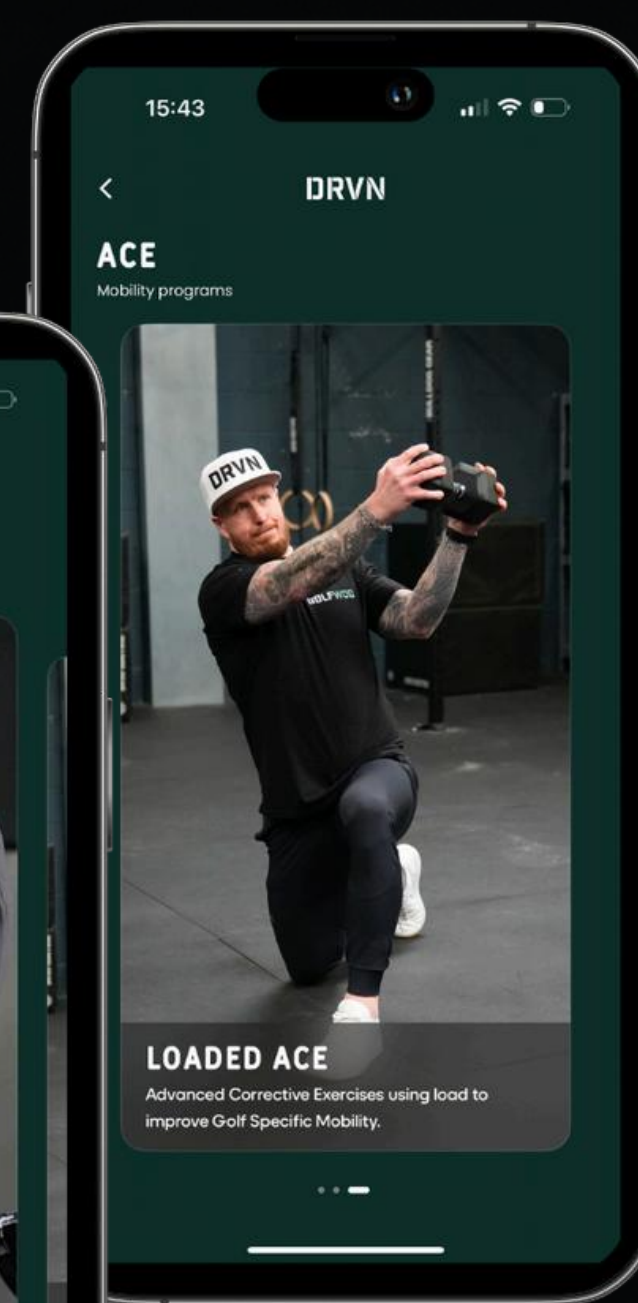
These programs are going to be huge for so many Golfers moving forward as they aren't fully Workouts, but they are definitely enhanced Mobility. Build stability and end range strength into your movement for phenomenal results.

How do they work:

Set duration programs to be completed at your own pace. Simple movements, specific combinations and easy to follow duration for consistent progress.

Coaches Notes:

'All Golfers will see huge progress here as we challenge the most important positions and movement patterns needed for all Golfers – you need to check out ACE!'



DRVN DAILY GOLF TRAINING

Drills, custom Practice Sessions and everything you need to shoot lower scores!

How it works:

Yes we have the best Workouts in Golf but this is a whole new level to help you take your gains to the course and play your best Golf ever!

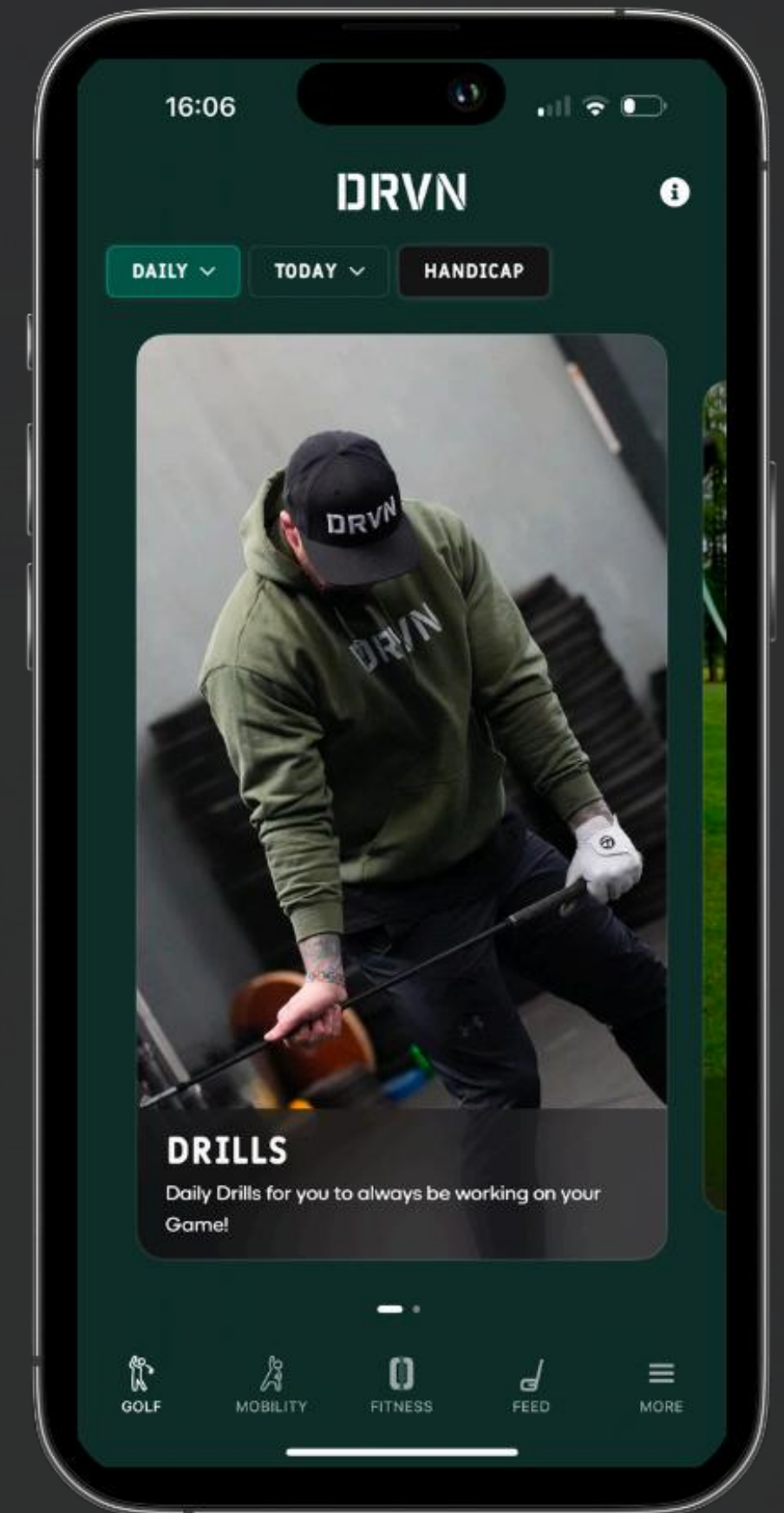
Every day we have Drills and Challenges for you to be honing your Swing and adding structure and pressure to your practice so you make more progress in less time.

The Drills you can do from home most days or at the range when you are hard at work on your swing and utilise our PGA Drills in the app. We selected these Drills as the most impactful for your body and game and you can tell.

We then combine them with various Mobility and Biomechanical elements to not only work the skill but also enhance your movement capacity to allow you to deliver the swing that you want.

That is where the Challenges come in – they are for when you are working on your game, knocking down targets and putting in work to get better. They are designed for varied, challenging and fun practice and are an awesome addition to your range time.

Move better, feel better and play Great!



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DRVN GOLF PROGRAMS

FUNDAMENTALS

Who are they for:

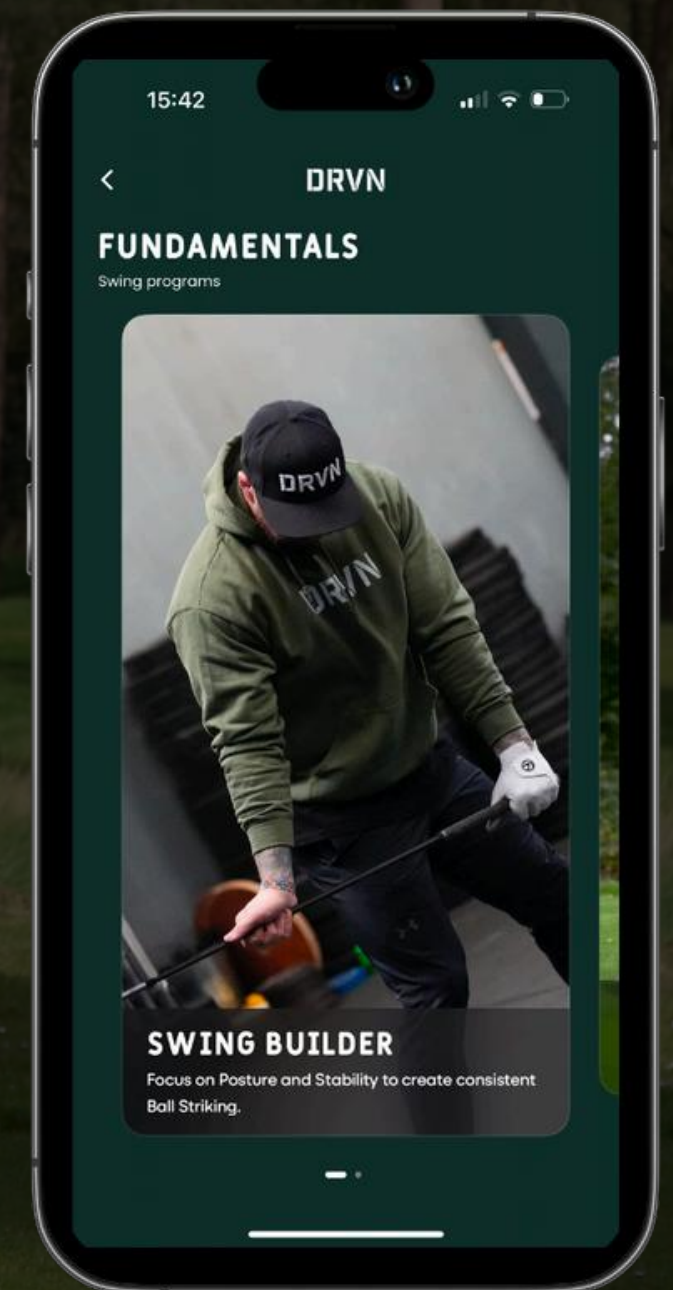
These are Game Improvement Programs focusing in on Ball Striking, Distance and Consistency for High to Mid Handicap Players. Simple, effective programs to hit the positions in your Swing that will deliver incredible results now & into the future.

How do they work:

Combining Mobility, Biomechanics and Practice Sessions, you can add these programs into your overall Training Lifestyle and work through them at your own pace.

Coaches Notes:

'Lay the foundations of better Golf with our foundational Golf Swing Programs with a very clear focus on consistency. Hit the middle of the face and everything gets better including your speed, distance and consistency – let's work.'



DRVN GOLF PROGRAMS

GAME IMPROVEMENT

Who are they for:

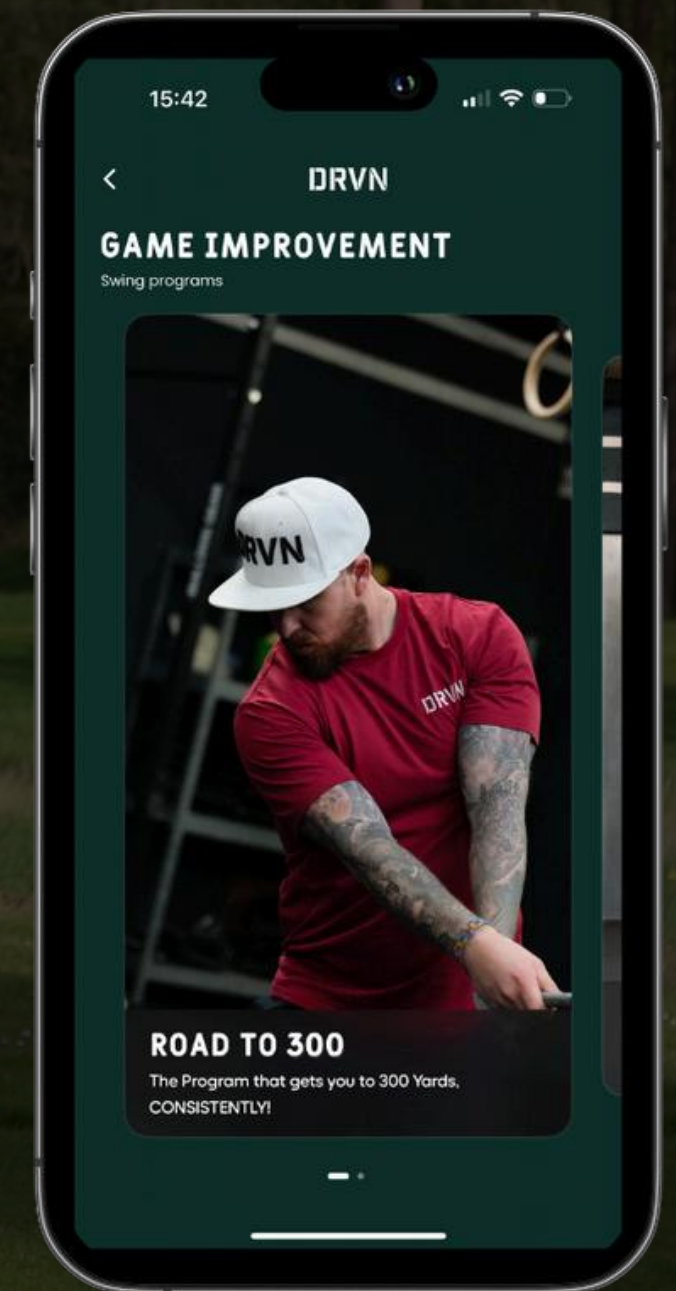
For a Golfer looking to really work on their game and hit that mid to lower Handicap Bracket – maybe Break that big 80?! Do the work and you will see all elements of your swing improve for incredible results.

How do they work:

Combining Mobility, Biomechanics and Practice Sessions, you can add these programs into your overall Training Lifestyle and work through them at your own pace.

Coaches Notes:

'Now we want to experience hitting it 300 yards, compressed iron shots and all round consistency that has you headed to the tee confident and full of juice ready for the day.



DRVN GOLF PROGRAMS

PERFORMANCE

Who are they for:

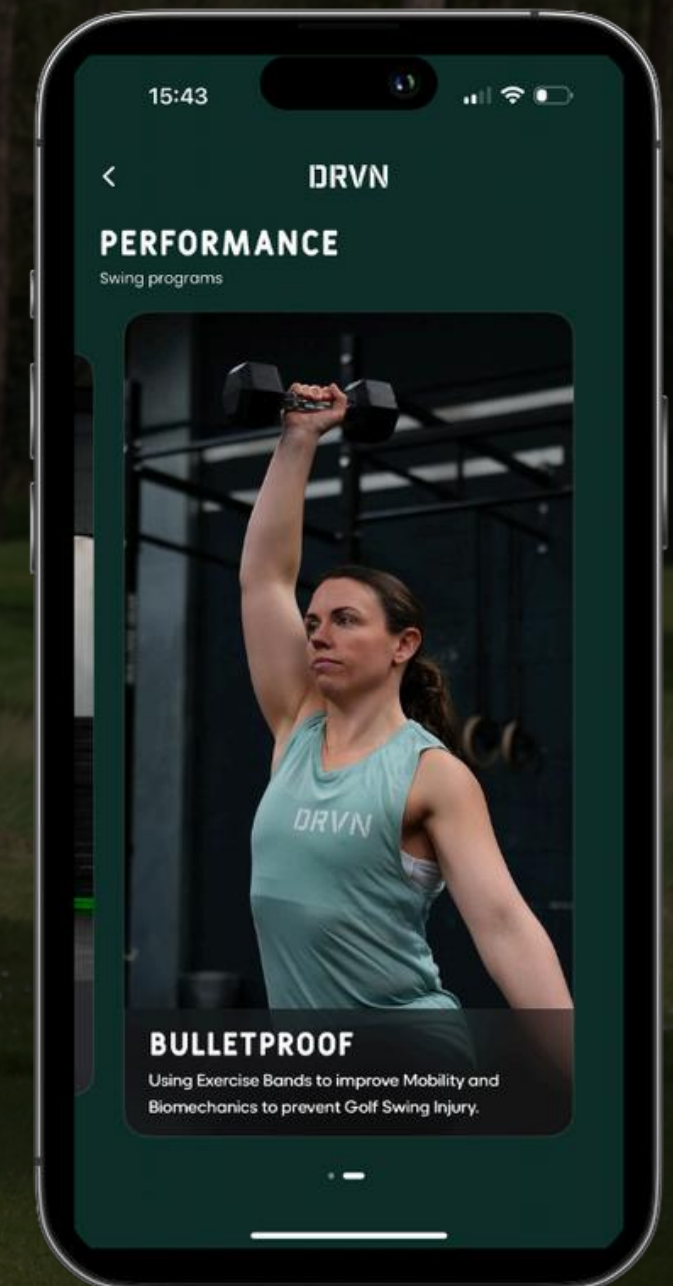
The Golfer who wants it all! A highly efficient Golf Swing that delivers amazing results at high speed with effortless distance. Also, no injuries as we look to literally bulletproof your Golfing body to enhance your DRVN progress.

How do they work:

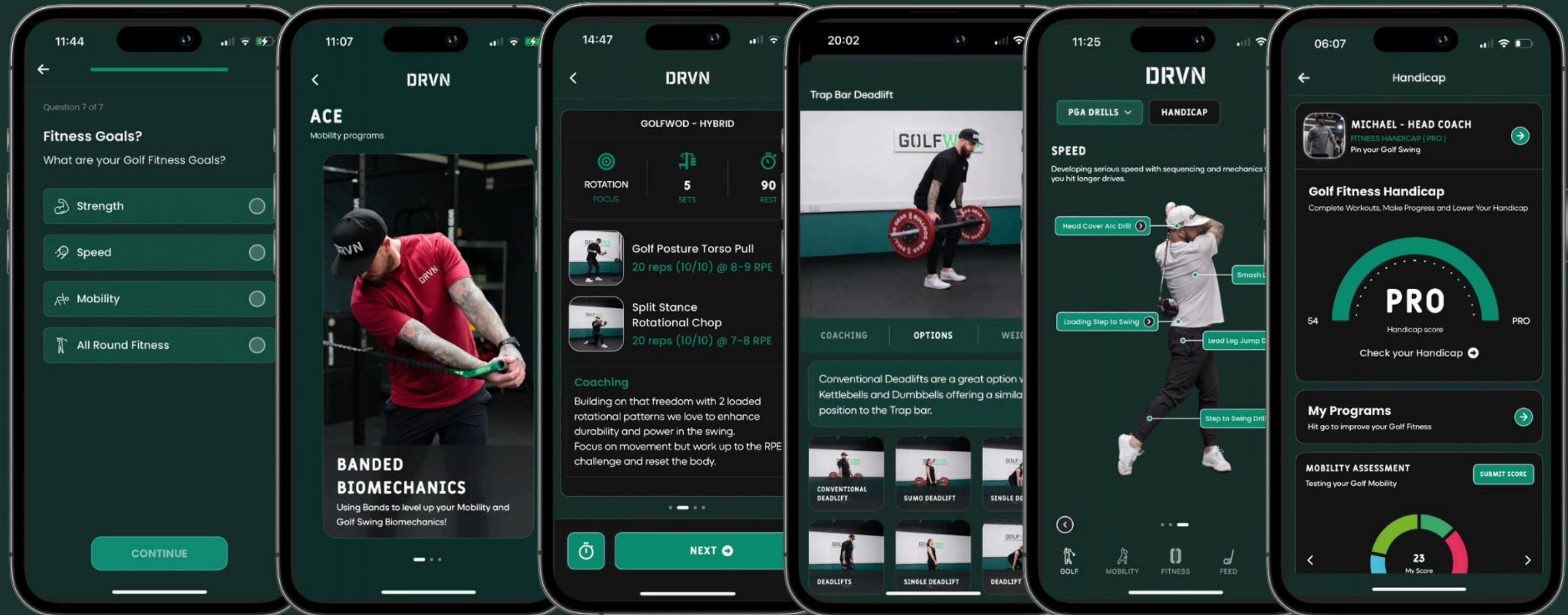
Combining Mobility, Biomechanics and Practice Sessions, you can add these programs into your overall Training Lifestyle and work through them at your own pace.

Coaches Notes:

'These programs unlock your biomechanics, deliver amazing speed and protect your body from wear and tear as we focus on your durability. An absolute go to!'



Start your 7 Day Free Membership Trial now!



A man wearing a red t-shirt with 'DRVN' on the sleeve, a black cap with 'DRVN' on it, black pants, and white sneakers is pulling a thick chain in a gym setting. The background shows gym equipment like racks and weights.

DRVN

OUR MISSION:

TO INSPIRE HEALTH AND FITNESS...

THROUGH AND FOR GOLF.

These are the current programs enjoyed by thousands of Golfers all around the world to be in their best shape ever. But we also add new workouts and programs all the time as well as always improving the DRVN App.

That is why you need to start your Membership today!

REMEMBER: YOUR BEST GOLF?

YOU HAVE TO BE DRVN.