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Exercises For Better Golf Scores

By Brian Kendall

Just as with other sports, it is not only your technique that wins the game, but also your physical condition. Getting in shape, toning muscles, stretching and warming up, will all come together to help improve your golf score.

Stretches

Begin your golfing warm up by rotating the joints in your hands, wrists, elbows, and shoulders. Also loosen up the joints in your ankles, knees, and hips. Then rotate your head in a gentle clockwise position; reverse and rotate it in a counter clockwise position.

Start stretching slowly. When you first begin don't stretch to you maximum limit but work up to it instead. Hold the stretch for several seconds and continue this slowly and smoothly until you reach your maximum extension.

Stand up straight and stretch out your arms above your head and rotate the forearms, followed by wrist rotations, and flexing of the finger joints. Now rotate the entire arm. Do your right arm, then your left, then do them both at the same time. Reverse the direction of the rotation and repeat.

Bend your elbows and clasp your hands above your head. Use your right hand and pull your body towards the right, then switch and pull your body to the left with your left hand. This gives your latissimus dorsi a good stretch.

Stand with your feet shoulder width apart and bend front to back and side to side in gentle controlled motions keeping the angle of your bend shallow so you don't strain your lower back.

Warming up

Get your muscles warmed up, increase the blood flow and increase your heart rate with a little aerobic activity. Start with a brisk walk and according to your condition, work up to a gentle jog or run in place for a few minutes.

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Low impact exercises

Do a few internal hip rotations by sitting on a chair and keeping your knees pointed straight ahead. Now rotate your ankles outward while not moving your knees.

Maintain the same position. Cross your left ankle over your right and keep your thighs and your knees pointed straight. Hold this position for one second. Repeat this exercise reversing ankles.

Warm up your hamstrings by extending your left leg with knee straight on a low bench. Keeping a straight back and chin up, slowly stretch toward your toes. Hold this position for two seconds, then switch legs and repeat.

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How To Improve Your Game With Simple Golf Exercises

By Mike Pedersen

Winter is upon us and you have more time, since you're not golfing...so why not get a jump on next season by doing some simple, in-home golf exercises that will quickly prepare your body to hit LONGER drives and shoot LOWER scores?

How many times have you started a new golf season with very high scores, short drives, and aches and pains? Am I talking to you? Let's be honest. It happens more times than you'd like. But why not do it different this time? Instead of going into deep depression that the season is over - keep golf in the top of your mind by starting a golf exercise program.

Don't let your clubs get dusty and forget about your game. Prepare your body in anticipation of next spring. It's no fun to come off the course feeling spent (in more ways than one) when you could have energy to spare. You have between 4-6 months to greatly improve your strength, flexibility and stamina. It would be the wisest thing to do to improve your golf for next season.

When you begin the season with a "broken" body, you're taking two steps back. Take a leap forward and prepare your body by getting your golf exercise program in motion. Think of it this way. What a

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great opportunity to get the edge on your playing partners and win all the money. Wouldn't that get their goat?

Finally, you'll get the chance to redeem yourself from a previous season that found you paying out more than receiving and being the brunt of all jokes in the clubhouse after every round. We've all been there – but no longer right? This is the winter to make the commitment and do it! No excuses. No more reasons to put it off. You may realize it's not easy - but nothing worth getting is easy.

Golf exercise is a very popular topic these days among all the pros, teachers and even amateurs. It's no secret that if you get your body fitter, stronger and more flexible you will swing better and hit longer drives that produce lower scores.

That's what we all want right? What a feeling to be the longest (and straightest) hitter in your group. Always hitting your approach shot last because you were the furthest down the fairway. Those are the kinds of thoughts you should have this winter while you're working out.

The simplest way to implement golf exercises is to look at the golf swing. First off, it's standing on your feet. Not sitting down, like on a machine in your local gym. So try to do most of your exercises on your feet.

Secondly, you should be in your golf posture. Which is a bend forward at the hips, with your knees slightly flexed. Doing exercises in this position will create a very strong, stable golf swing.

A good example of a golf exercise would be the Golf Posture Lateral Raise: Bend forward at hips just beyond normal golf posture. Hold dumbbells in front of your thighs, palms facing each other. Slowly

raise dumbbell to the side and up. Slowly bring back down to pre–stretch position.

Do you see how this would quickly build up the strength in the back of your shoulders for a strong take–away and downswing? The only equipment required was a pair of dumbbells (hand weights), which probably cost about \$10. No fancy gym. And in the convenience of your home.

This is just one example of a simple golf exercise you can do quickly and conveniently in your home to dramatically transform your game!

Mike Pedersen is a respected golf fitness expert, and the author of the Ultimate Golf Fitness Guide, numerous golf fitness tips and founder of several online golf fitness sites. For more information on his new, cutting–edge golf fitness ebook, go to

<http://www.ultimategolffitnessguide.com>

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How To Set Up A Golf Fitness Program To Improve Your Golf Game
Develop The Correct Golf Swing For Women With Golf Fitness Training
Golf Fitness Exercises For The Woman Golfer
Golf Handicap Systems Help Even Out Scorecards For Competitive Golf Play

Battle At Sea
How to play a Guitar
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