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Golf Muscles – Timing – Golf Mechanics: The Key To A Powerful Golf Swing

By George Gabriel

Golf swing power is truly sought after by many golfers short and tall. A powerful golf swing can be

easily accomplished if you're standing 6ft tall over the golf ball. Knowing the right mechanics of the golf swing, along with the right timing is essential. If you take two golfers of the same height, the exact same swing, same golf club and ball, the results in distance would probably be the same. If you take the same scenario and one golfer is approximately 6ft. tall, and the other approximately 5ft. tall, the advantage would be to the taller person. You're probably saying, no kidding Sherlock. A taller person creates a longer and bigger swing span, which in turn generates more club head speed. Unleashing a huge drive can be monstrous if all golf mechanics and timing are in sync for a fairly tall person. So how does a shorter golfer stand to compete?

The answer would probably lie in the golf muscles of a shorter golfer. It doesn't necessarily mean you have to go out and bench press 400 lbs everyday. By exercising your upper and lower golf muscles two or three times a week, you can make a world of difference. The golf muscles that need to be exercised would be the legs, thighs, and whole upper portion of the body. The upper portions of the body are the main coil of the golf swing, with the arms and wrist getting the most exercise. As these same muscles are used most to guide and control the weight of the golf club through the motion of the golf swing. The lower portion of the body is strengthened to reinforce the upper portion of the golf swing. There are many books and videos on the Internet that address these exercises.

Golfers that prefer to exercise outdoors and are not sure of the appropriate exercises to use should take the exercise out on the practice range hitting golf balls. By hitting golf balls at the practice range, you will be exercising the important golf muscles naturally, and greatly improve your golf swing at the same time. Have you heard of golf muscle memory? It is a part of the brain that remembers a movement. Putting it another way, have you felt a muscle say, stop right there? This same part of the brain will tell moving parts of your body how far you can take it, so you do not injure yourself. It also signals for the timing of certain muscles to kick in and take over, if your latter part of the brain were paying attention. It would also remember good habits and bad habits in the golf swing. One must be careful in their practice routine on avoiding the bad habits. Practicing regularly will exercise these certain muscles and train them for further swing improvement in proper moves and timing. Your golf muscles will take the golf mechanics and timing to a higher level of power by exercising them over and

over again.

With regular exercise and practicing the golf mechanics and timing of the golf swing, both short and tall players can compete on the same level. To out distance your taller competitors, it would help to pack a few extra pounds of golf muscle behind your golf swing. The same would apply for the taller golfer to stay ahead of the crowd.

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Clubhead Speed Or Power, Which Comes First In The Golf Swing?

By Sean Cochran

A question for the ages in relation to the golf swing. Golfers around the world are familiar with the term clubhead speed. It is the rate at which the golf club is traveling at impact with the golf ball. Golfers are also familiar with the term power. They know that power is directly related to clubhead speed. Knowing the connection between the two, which comes first?

Clubhead Speed and Power in the Golf Swing

Take a moment to answer the question; which comes first, clubhead speed or power?

Write down your answer and continue reading. Before we answer this question, let us do a quick review of both clubhead speed and power.

Clubhead Speed

Again, we understand that clubhead speed is the rate at which the clubhead is moving at impact with the golf ball. The development of clubhead speed is a resultant of your golf swing mechanics. It is essentially a summation of the entire process of the golf swing, beginning with address, moving through the backswing, into transition, onto the downswing, and completing with impact.

The paragraph above should answer the question of which comes first; clubhead speed or power? Clubhead speed is the resultant of power development with the mechanics of the golf swing.

The next question we want to ask is about power:

How is Power Developed in the Golf Swing?

Power is a combination of two entities:

1. Golf Swing Mechanics

2. Body

Your golf swing mechanics is the efficiency at which you perform the golf swing. Essentially, the golf swing can be broken down into the stages. These stages are;

Address, Backswing, Transition, Downswing, Impact, and Follow Through

Each of these stages within the golf swing can be performed efficiently or inefficiently. PGA Tour players tend to perform the mechanics of the golf swing very efficiently, where as the 30 handicapper performs them very inefficiently.

If the mechanics within each stage of the golf swing are efficient. The creation of power and transfer of this power into clubhead speed is at a greater percentage.

On the flip side, if each stage is performed inefficiently. The amount of power developed and transferred into clubhead speed becomes a low percentage.

The first key in power development and the generation of clubhead speed is golf mechanics.

Efficient Golf Swing Mechanics = Greater Power Development and Clubhead Speed

Once we understand that efficient golf swing mechanics equals more power and clubhead speed. We can turn our attention to the "support structure" of your golf swing.

The Body

The body is what drives the golf swing. It is your skeleton, muscles, and nerves performing the mechanics of the golf swing. As a result, your body has a direct affect on how much power you generate in your golf swing.

The mechanics of golf swing requires certain levels of:

Flexibility

Balance

Strength

Endurance

Power

Optimal levels within these body categories allow for the possibility of performing the mechanics of the

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golf swing at their most efficient levels.

For example, a full shoulder in the backswing is necessary for optimal power development. In order to perform a full shoulder turn, you must have a high level of flexibility.

If you are lacking the flexibility to perform a shoulder turn it will affect the amount of power you can generate.

Bottom line the body is the foundation on which the golf swing is developed.

If you have a weak foundation, you will have a weak golf swing.

Efficient Golf Swing Mechanics + A Strong, Flexible, and Powerful Body = Clubhead Speed

We now know clubhead speed is a product of power development in the golf swing. Power development within your golf swing is contingent upon two entities. The first entity is your golf swing mechanics. Performing the mechanics of the golf swing efficiently elicits more power. Secondly, it is the body. Optimal power development requires certain levels of flexibility, balance, strength, endurance, and power within the body. Put these two entities together and you have the ability to generate high levels of clubhead speed within your golf swing.

Sean

Sean Cochran is one of the most recognized golf fitness instructors in the world today. He travels the PGA Tour regularly with 2005 PGA & 2004 Masters Champion Phil Mickelson. He has made many of his golf tips, golf instruction and golf swing improvement techniques available to amateur golfers on the website

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