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**Golf Resistance Training – Helping To Make You A Better Player**

**By Simon Ashton**

Being a good golfer requires a good level of fitness. Remember, there are 18 long holes you have to

play! That's a lot of walking, and swinging and carrying of your bags. If you really want to improve your score, enjoy the game more and in general feel fitter and healthier, then you need to consider golf resistance training. Regardless of your age, if you start to use resistance training on a regular basis, this can help you get into better shape and even help stave off disease.

For the golfers who want to add more power to their swing, whilst also giving their stamina and endurance a boost to complete all the 18 holes should consider resistance training, also known as strength training. This is also a great way to loosen up muscles, preventing injury whilst out there on the golf course. Resistance training simply involves lifting weights or working out with the resistance machines at a gym. If you want to, you can also do the resistance training at home, just by using everyday items that you already own.

To begin with, it is important that you speak with a doctor before undergoing any form of extra exercise. Put simply, resistance training, as previously described should be considered as "strong medicine", if only because you could hurt yourself if you are unsure of what you're doing or you aren't sure of what level you should undertake when you are working out. Providing your doctor, once you have been checked out, gives you the go ahead, you have another important decision to make.

To join a gym or not to join a gym?

This problem can be solved very easily with a little leg work, so to speak. Find out where the gyms in your local area are situated, then try to visit each one of them. Most gyms will offer a free tour, possibly even a free workout to make sure that they offer the right facilities and equipment for your needs. By taking advantage of the different offers that each gym makes before you join, it will allow you to assess which, if any, is the right gym for you.

If you decide that you don't feel comfortable joining a gym and wouldn't like to be attending on a regular basis, or if you don't want to be paying the monthly fees for the membership then you could also consider working out at home by doing the golf resistance training instead.

## Golf Resistance Training – Helping To Make You A Better Player

You may want to make the initial one off investment of buying dumbbells and gym equipment that you could set up in a spare room, therefore eliminating the need for an ongoing monthly payment to the gym. To begin with, though, you may not even need to purchase any of these to do your resistance training.

One example of a great exercise for your legs involves just squatting down. This particularly, will work the backs of your legs. Using just the wall for support to lean against, or do it in the middle of the room if you so wish, for a harder work out. Start by placing your hands on your hips, your feet slightly apart, lining up directly under your shoulders. Lower your body down, as far as is comfortable or until your thighs are at a 90 degree angle to the floor, bending your knees, whilst keeping your back straight. Then push up slowly. Repeat until you feel it is starting to work the muscles in your legs.

Another resistance training exercise for golfers is to use a chair. Sit on the chair, scoot the front seat

whilst keeping your back straight. Then with one foot firmly placed on the floor, straighten your other leg until it is now horizontal, stretched out, parallel to the ground. Now repeat this exercise with the other leg, giving both legs a thorough resistance training work out.

A simple resistance training exercise for your arms involves using just 2 cans or beans or soup, or what ever you have at home in your cupboards. Sitting on a chair, with your arms resting relaxed at your sides, a can in each hand, slowly raise your arms, in an arc like direction. Moving your arms upwards and outwards, stretched away from you, until they are now parallel with the ground, pointing away from your shoulders. Now slowly lower them down and repeat.

If you wanted to work both legs and arms at the same time. Simply do both squats and arm raises at the same time. Standing in the middle of the room, with your arms by your sides and a can in each arm, begin to squat as described earlier, whilst lowering your body down, being to raise your arms. This should result in your arms being parallel with the ground at the same moment as you are squated down. Slowly raise your body and lower your arms at the same time. This should also result in increased focus, co-ordination, as well as increased muscle strength.

Simon Ashton is the founder of

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on purchasing the right Golf Equipment and Instruction Guides on how best to improve your game of golf.

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## **Facts and Fallacies of Strength Training for Golf**

**By Troy M Anderson**

### **Facts and Fallacies of Strength Training for Golf by Troy M Anderson**

Various aspects of golf training have expanded rapidly, but one area of development that has caught on somewhat slowly is golf-specific strength training. Not until very recently has this specific need been addressed. As with many things, it started at the top with pros like Tiger Woods and David Duval and began to trickle down to the masses over time. Unfortunately, many golfers still live under the old assumption that strength training is detrimental. The truth is that the days of simply practicing and playing to make yourself a stronger and better golfer are from a bygone era. I am not trying to diminish the fact that ultimately golf skills are the most important aspect of golf, but improving your swing performance will only get you so far. If you want to develop into the best player you can be, you better get with the program—a strength training program, that is.

Let's take a look at a few of the fallacies that may be holding some of you back.

Fallacy #1: Resistance training will cause a loss of flexibility.

Fact: It is a proven fact that full range of motion resistance training will actually improve your flexibility.

Fallacy #2: Resistance training will result in "bulking up".

Fact: Performing resistance training by itself will not cause the development of excess muscle mass; additional caloric intake is also required. Some individuals are under the impression that lifting heavier weights for fewer repetitions will cause this "bulking-up" phenomenon. This is also false. As a matter of fact, lifting heavier weights for fewer repetition is one way to gain strength without adding "bulk". Therefore, if you are involved in a program designed to develop stability, strength, and power specific to the needs of golf, you have absolutely nothing to worry about.

Fallacy #3: Resistance training will have adverse effects on your swing.

Fact: Performing resistance training can actually have a positive effect on your swing. Resistance training helps develop what is known as kinesthetic awareness, the ability to detect bodily position, weight, and movement of the muscles, tendons, and joints.

Fallacy #4: Swinging a weighted club will produce more specific strength gains than performing a resistance training program.

Fact: If anything, swinging a weighted club will produce an improper swing. The compensation required to swing the weighted club creates faulty swing mechanics and firing patterns. Also, most weighted club programs call for using the clubs at slow speeds. The problem with that is when golfers tee up, they are not trying to drive the ball with a 50–75% swing. They want to all-out blast it down the fairway with a powerful 100% swing. If the name of the game for golfers is club head SPEED, using a heavy club and a slow swing to gain strength won't work. To gain strength and develop speed, you have to

train for speed.

Fallacy #5: It takes too much time.

Fact: You can't afford not to start a golf-specific flexibility, strength, and conditioning program if you desire to be the best golfer you can be. Depending on your individual starting point, you may be able to make progress with as little as a 1 ½ hours training time per week. A small investment that will reap huge dividends on the course.

Hopefully, reading this article helped shed some light on the truth about strength training for golf and how it is NOT detrimental to your game, but more than likely, VERY beneficial.

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101 tips to stay fit and live longer.  
Forbidden Psychological Tactics  
How to become a Chef!



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