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Golf Specific Fitness Can Be Your Silver Bullet

By Mike Pedersen

Golf specific fitness is here to stay! The pros are doing it and you need to also! To maximize your golf potential, you need to minimize your golf specific limitations! Golf is damaging to the body if you don't have optimal golf strength and flexibility.

Gone are the days of the 19th hole! That's if you want to be top dog in your foursome. Instead of going to the 19th hole after your round, why not do some cool down stretches so you're ready for the next round?

I'm not saying you have to be a fanatic, but just realize there is a definite "physical component to optimal golf performance. The demand on the body to swing a club at upwards of 100 mph and stay in your golf posture is huge.

A golf specific fitness program incorporating golf exercise and golf stretching will maximize your body's ability to produce awesome power where it counts...at impact!

What is golf specific fitness?

I can tell you it's not going to a gym and doing a seated chest press. It's not spending 2 hours everyday beating yourself up. It's not lifting heavy weights. But it does require a commitment. Just like anything else worth achieving.

That phrase, "if it were easy, everybody would be doing it" is so true.

With over 70 million baby boomers who want to enjoy life, be healthier and a big majority of them playing golf...golf specific fitness "kills two birds with one stone". A fitter, stronger body and an awesome golf game. What better way to spend your quality years?

Golf specific fitness incorporates dynamic strength and flexibility muscular endurance directly related to your golf swing balance coordination: stability and a much improve sequence of timing to produce maximum power through the impact zone.

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Golf specific fitness does not require heavy weights, but improving your golf swing strength is always a goal. Being stronger in your golf swing takes a unique approach that is not accomplished with a general fitness program.

The main focus should be on "rotational" strength and flexibility!

The golf swing is a high-speed rotational movement. The goal for maximum distance is to create a higher level of torque and be able to store and unleash it at the right moment in time.

This requires a major emphasis on core rotational movements with resistance. This is the **ONLY** way to improve your backswing AND follow through range of motion and power. These movements should be done sitting on a stability ball standing erect getting in your golf posture and even on one leg.

It kills me to see a trainer do a bicep curl with a golf client. This will **NOT** help your golf swing. Just take a look at the position your wrist is in doing a standard bicep curl. It's turned out very awkwardly (and uncomfortably).

Do you grip a golf club like this? Then why would you do this exercise? If you're a golfer, you wouldn't!

How about a seated chest press on a machine?

I've seen golfers in the gym doing this one.

Golf is "on your feet", using every major muscle group in your body in a certain sequence of motion. How would a "seated" chest press on a "controlled" machine help your golf swing?

It wouldn't!

Golf specific fitness will eliminate the tension in your golf swing and dramatically improve your golf swing power for 18 holes. Your golf swing consistency will greatly improve. You will add up to 20 yards to every club...and maybe more with your golf drive.

I hope you now realize you need to start your program of golf specific fitness?

Mike Pedersen is one of the top golf performance experts in the country. He is Golf Magazines golf performance expert author, and founder of several cutting-edge online golf performance membership sites. Take a look at his just released golf training dvds and manual at his

golf fitness training

site –

<http://www.performbettergolf.com>

Golf Swing Mechanics Can Be Improved Very Quickly

By Mike Pedersen

If you're like most golfers, you're always trying to duplicate that "perfect" golf swing. I know I am. Doesn't it feel great to hit that effortless shot? Don't you wish you could do it every time? That would be a similar feeling of what the pro's have most of the time. It would be such a high!

So what's keeping you from this goal? Do you think you just need to hit more balls? Or, are you already hitting hundreds every week? If that's not working, do you need more golf lessons? Or, have you taken lessons but not seen improvement?

If it's none of the above, then what?

I can tell you almost 100% for sure...it's your BODY!

Your body dictates your golf swing. How many times have you felt like you can't make a FULL turn or backswing? Do you think the solution is hitting more balls or taking more golf lessons?

It's not! It's improving your golf-specific flexibility and even strength.

Once you address and improve your physical limitations, your golf swing mechanics fall into place, with very little effort. Unless you don't have a concept of what needs to be done to complete a proper golf swing, in which taking a golf lesson to understand it would be first priority.

The majority of amateur golfers have some kind of physical limitation that keeping them from a great game of golf. It could be flexibility, or it could be strength.

Combining the two is your most effective approach.

Getting a golf-specific evaluation by a golf fitness professional is your first step. Then, you can set up a game plan on what you need to work on and how to do it.

You'd be amazed at how quickly you can improve your golf swing and game with this approach. Don't keep looking for the silver bullet. The answer is in the mirror. Now do something about it!

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 e-book, go to

<http://www.ultimategolffitnessguide.com>

Golf Swing Mechanics Can Be Improved Very Quickly

Improve Your Golf Swing By Improving Your Tempo
Develop The Correct Golf Swing For Women With Golf Fitness Training
How To Set Up A Golf Fitness Program To Improve Your Golf Game
Being The Best Golf Player You Can Be

101 tips to stay fit and live longer.
Instant Email Scramble
Instant Site Safe And Folder Safe
DOS Made Easy
Home Vegetable Garden



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