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Golf Workouts Can Quickly Add Yards To Your Drives

By Mike Pedersen

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I'm sure by now you've heard most of the professional players; both men and women actively participate in golf workouts. It's no secret. But why then do most amateur golfers ignore this? Is it because it seems like work? Or, does the thought of actually breaking a sweat get you tired already?

Either way...the proof is in the bag. The number one player in the world, Vijay Singh, does his golf workouts all the way through Sunday of each tournament. Does it look like it's hurting his game? I don't think so. Back in 1997, a young, very athletic golfer came on the professional scene and blew everyone away. I think you know who I'm talking about.

Tiger took golf to another level. A real eye-opener for the veteran players who were hitting the 19th hole after every round...and the last thought on their mind was "exercise". What a wake-up call to be totally dominated by a player who was only 20 years old at the time.

How about the year Annika Sorenstam shot a 59 and totally dominated the LPGA? Do you know what she attributes it to? Golf workouts! She hired a trainer and got serious about her fitness. And look what happened? She hasn't looked back since. She just recently came out with an instruction book and devoted a chapter to golf workouts.

To my recollection, that's the first women's instruction book to include golf workouts. Working out to playing better golf isn't just for the guys; Annika has proved that. Now more LPGA players are working out to try and catch her, just like the guys did with Tiger.

How about the senior tour? Now players are realizing they can still make good money, even after they've turned 50 and can't really compete with the young guys anymore. With the money at stake, they too are all working out. This group of players both amateur and pro is the biggest demographic that needs it the most.

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With age comes a decline in both flexibility and strength. When the body declines, the swing goes right along with it. The result is a big loss in yardage, more mishits, and ballooning scores. The end result...frustration! I can't tell you how many times I've played with and received phone calls from older golfers who are just about ready to quit the game.

They are SO frustrated at this rapid decline, that golf's not fun anymore. But there is hope. The answer? Get your body moving just a little better. How? By participating in golf workouts that focus on golf-specific strength AND flexibility. It's amazing to see golfers in this age bracket dramatically improve their driving distance, accuracy and scores.

You don't have to accept that with age, your body declines. No way! You've got to fight it all the way! I'm dead serious. The ones who do, are the ones who are enjoying the game again and taking all the money in their foursome.

What is a golf workout anyways? Is there such a thing? You bet there is. The golf swing is an awkward movement that puts a tremendous amount of stress on the body. To prevent injury and improve swing speed and distance requires your body to be both strong and flexible specific to the swing.

I could spend dozens of pages describing what this entails, but for the sake of this concise article, let's keep it simple.

The golf swing is a rotational movement, with your body in golf posture. Slight flex of the knees and a bending forward at the hips. Since the golf swing is primarily rotational, wouldn't it make sense to focus on rotational strength and flexibility? That is improving your turning ability related to range of motion and speed.

So anything involving twisting with resistance such as a medicine ball, a dumbbell, or even a weighted club would work. You need to have a resistance to take your body beyond where it normally goes.

For instance, if you took a club and placed it behind your neck, got in your golf posture and rotated back and forth; do you think that by itself would improve your range of motion or power?

No, you need to add resistance to accomplish this. Take a weighted club and make golf swings. Now you'll be making a bigger turn AND improving your power. Same thing with a medicine ball. Make turns back and through holding a 4 to 6 pound ball and you'll see a BIG improvement.

In fact, most of your abdominal work should be rotational. Doing straight crunches won't improve your driving distance. Doing rotational movements with added weight will. This is where I could go on and on, but I won't overload you.

I hope I've convinced you to take a real serious look at what all the other successful professional players are doing to stay at the top of their game. Doing golf workouts can and will dramatically change your game forever. Now get out there and get it started. No procrastinating. Do it right now!

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

Lower Your Score By Playing Position Golf

By George Gabriel

Golfers have been trying hard to lower their scores by taking lessons, reading books and watching golf video lessons. This is definitely good and helps your game. What about playing position golf?

Golfing for position has been a serious method of golf for a lot of professional golfers. Every amateur should really consider playing position golf as one of the most important strategies for a good round of golf. You should consider rethinking your strategy before you take out your driver on every hole, and any other golf club.

Taking out your driver just because it is a natural thing to do on the longer holes can put you in a not so good position on your next shot. Playing position golf requires a series of questions to be answered, before you elect to choose a golf club on the tee box or fairway.

If you're a right hand golfer who fades the driver all the time, and your teeing off on a dogleg to the right, you may want to rethink your choice of clubs, especially if it may put you in a blind position for your next golf shot into the green. When you're playing those longer golf holes and you hit a straighter golf ball off the tee with a 3 wood, would it not be a better choice of clubs if you're consistently fading or slicing your driver off the tee box? Of course it may be a little more golf club into the green on the next shot, by at least its not as hard as trying to control another faded golf shot into the green that you cannot see when your positioned alongside a pile of trees.

Another key factor on playing position golf would be the length of the golf hole. Let's assume you're going to play a par four and it's 425 yards and your driver goes 240 yards on average. Taking everything into consideration, including wind and position on the tee box to the center of the green, and you're left with 185 yards to the green. Now 185 yards into the green may be your favorite 4 iron, or it could also be the club you're having trouble with the most. Dropping down to a 2 wood or a 3 wood off the tee box, may put you in a more favorable club selection position out on the fairway.

Another important part on playing for position on the golf course is choosing the club at hand for your landing area. Do I want an uphill lie on the next shot, or downhill lie? If I miss the green do I want to play my next shot from the back of this green or the front of the green? When I hit this green, do I want a downhill putt or an uphill putt? Of course being positive on hitting your attended landing area is the way to think, but leaving room for human error and an escape route can save you strokes.

By playing position golf, you get to utilize most of the golf clubs in the golf bag, and also help in getting familiar with each and every club. It only requires a little more thought before choosing a golf club that will help you knock strokes off of your scorecard. We always like to out drive our competitor, but out

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smarting our competitor is what counts in the end when you're tallying up the strokes after eighteen.

Learned to golf as a caddie in the mid sixties and continue to enjoy the game today. Now running a discount tee time site at

and a sister site at

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