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How To Prevent Your Golf Swing From Breaking Down With Golf Fitness Exercises

By Sean Cochran

It happens to all of us. We loose our golf swing, make some type of unknown modification in how we swing the club, and everything falls apart. What can we do to prevent our golf swing from leaving us?

Remember this saying as you continue to read this article; "Proper Preparation Precedes Success and Confidence". Think about this phrase for a moment and then keep reading.

I write about this subject because of an e-mail I received from a fellow golfer. The e-mail read:

"Sean, while out practicing I appear to have injured a muscle(s) in my back just below my left shoulder, and also around the outside of my left side rib cage. I have tried to continue to play golf through this injury, hoping it would get better but I had to stop. Hitting down and through the ball proved to very difficult and I seemed to be pulling out of shots early and topping the ball on my iron shots a lot.

Do you have any golf fitness exercises in your book which will heal the injury and prevent a re-occurrence?"

Absolutely! I do have golf fitness exercises to help you with the prevention of such an injury occurring.

But let's get back onto the topic of this article and that is the loss of our golf swing.

"Loosing" your golf swing can occur for a number of reasons. Typically, they fall into one of 3 categories:

- 1) Mechanical
- 2) Physical
- 3) Mental

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A loss of your golf swing on the mechanical side of the equation is pretty simple to understand. Essentially, you have made an adjustment in the mechanics of your golf swing causing compensations to occur. These compensations result in poor shots and possibly a great deal of frustration, if you do not know what is happening.

Often times the amateur is completely unaware of the changes they have made wreaking havoc on their golf swing.

How do you go about solving such a situation?

Through proper instruction from a qualified teacher is the first part of this equation. A qualified teaching pro will be able to diagnose the problem and provide you guidance on how to fix it.

The ball is then in your court, meaning you must use this information and go practice (remember, proper preparation precedes success or confidence).

The second reason for the "loss" of your golf swing is a publicized matter, and it is your body.

Remember it is your body that swings the golf club. If your body is unable to swing the golf club properly, the ability to swing it without compensations will occur.

The e-mail above is an example of such a problem. The amateur golfer has incurred an injury as a result of the body not being flexible, strong, or powerful enough to swing the golf club properly over a period of time.

Keep in mind the golf swing requires certain levels of flexibility, balance, strength, endurance, and power to swing the golf club correctly. If any one of these facets within your body is not up to par (no pun intended, but it fits real well doesn't it?), the swing will suffer.

Often times body impairments causing you to "loose" your swing are not as severe as an injury (they will get that way if ignored), but rather they are a slight discomfort, muscle pull, or fatigue. Which cause compensations to occur in your golf swing.

Again, we can go back to the phrase "proper preparation precedes success and confidence". You must properly prepare your body for the golf swing. This is where golf fitness exercises are beneficial.

Golf fitness exercises develop the levels of flexibility, balance, endurance, strength, and power within the body to swing the golf club properly. Golf fitness exercises prepare the body to swing the golf club just as practice ingrains the mechanics of the golf swing.

We finally come to the third category, the mental aspect of golf and fitness. Mental blocks, certain thought processes, or a lack of confidence can directly affect your golf swing.

I have found through my work over the years with professional athletes the development of a sound

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mental approach to golf begins with the body and progresses from this point to swing mechanics.

If you develop a strong foundation in your body, it provides you confidence that you can perform the mechanics of the golf swing correctly.

Once the physical foundation is developed, you can create the optimal swing mechanics on top of this foundation. Once these two "building blocks" are in place. The mental approach towards the game is confident, relaxed, and focused. Again, let's go back to the phrase; "proper preparation precedes success and confidence." Confidence in your golf game can only occur if the physical foundation and fundamentals of the golf swing are in place.

To summarize, "loosing" your golf swing can be attributable to essentially 3 different categories. These categories are your golf swing mechanics, your body, and your mental approach to the game. To minimize the possibility of "loosing" your golf swing, develop a flexible, strong, and powerful body to support your golf swing mechanics. On top of this body, develop an efficient golf swing. This will allow your mental approach to be focused, relaxed, and confident.

If you are confident in your body's' ability to swing the golf club, the mechanics of your swing to execute the shot, the ability to mentally focus will be much easier. This is what separates good golf

shots from bad golf shots on the golf course.

Sean Cochran

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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Develop The Correct Golf Swing For Women With Golf Fitness Training

By Sean Cochran

The woman golfer has a myriad of questions on how to develop the correct golf swing as does most any amateur. The questions from woman golfers center on a myriad of topics such as; how to hit the golf ball farther, how to develop a more repeatable golf swing, how do I hit half shots with my wedges,

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what are good putting drills? The list can go on and on in relation to the woman golfer and how to improve their golf swing. An area that is now presenting more and more questions from the woman golfer centers upon golf fitness. Questions such as; what are good golf flexibility exercises, and how can golf fitness exercises help me drive the golf farther? These and many more questions are arising in relation to golf fitness and the woman golfer.

It is well known on the LPGA tour the number of players utilizing golf fitness programs to improve their golf game. Annika Sorrenstam has publicly stated the benefits she has received in her golf game from golf fitness training. One area that always appears to be a concern for the woman golfer is distance. How to hit the golf ball farther and Sorrenstam does hit the ball a long way, and utilizes golf fitness training. A simple connection can be drawn between increased driving distance, women golfers, and golf fitness exercises. The bottom line is this; golf fitness exercises can benefit the distance of drives for the woman golfer.

The questions that need to be answered are how and why. First off an understanding of increased distance, the golf swing, and the woman golfer needs to be addressed. Driving distance is contingent upon clubhead speed. The faster the clubhead is traveling at impact with the golf ball. The golf ball will travel farther, an easily understood concept.

Clubhead speed in the golf swing is contingent upon two components. Component number one is golf swing mechanics. The biomechanics of the golf swing in and of themselves create clubhead speed. It centers upon physics and the coiling/uncoiling of the body during the golf swing. In relation to improving clubhead speed and golf swing mechanics. The more efficient the woman golfer performs the mechanics of the golf swing. A greater amount of energy can be developed and transferred into the golf ball as a result. First and foremost for the woman golfer; the development of efficient golf swing mechanics can improve driving distance.

The second component of increasing clubhead speed is the body. Remember, the body is the implement swinging the golf club. It is the woman's body executing the biomechanics of the golf swing. In addition it is also the body generating power for the golf swing. Power is the ability of the body to generate the greatest amount of force in a short amount of time. Increase the ability of the body to generate more power within the biomechanics of the golf swing. An increase in clubhead speed can occur. How does the woman golfer increase power outputs of their body? This is where the implementation of golf fitness exercises can be a benefit. Golf fitness exercises can increase the power outputs of the body. Power golf fitness exercises increase the ability of your muscles to develop more force within the golf swing.

How do golf fitness exercise achieve this outcome? Golf fitness exercises develop the body around the golf swing: Very different than ordinary fitness training or aerobic classes. Golf fitness exercises develop the required flexibility, balance, strength, endurance, and power within the body for the golf swing. This allows the body to execute the biomechanics of the golf swing correctly. In addition, golf

fitness exercises can improve the swing in areas such as clubhead speed.

This is accomplished with golf fitness exercises training the body in the positions, movements, and

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physical requirements of the golf swing. This allows for the proper levels of flexibility, balance, endurance, strength, and power to be developed within the body. Improving the capacities of flexibility, balance, strength, endurance, and power can improve the ability of the body to perform the golf swing and increase distance.

To summarize, the questions surrounding women and developing the correct golf swing are many. How to improve the golf swing through golf fitness exercises is one of these questions, and one specific area within this topic is distance. Increasing distance is contingent upon increasing clubhead speed. Improving clubhead speed centers upon golf swing mechanics and the body. Improving the efficiency of the golf swing mechanics will allow a greater transfer of energy into the golf club, thus improving clubhead speed. The second component of distance lies within the body and its ability to generate power. Increasing the power outputs of the body will enhance clubhead speed. Power outputs of the body can be improved through golf fitness exercises. These exercises differ than normal gym based exercises in that they develop the body around the swing. This allows for the proper levels of flexibility, balance, strength, endurance, and power to be developed within the golf swing.

Sean Cochran

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