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How To Warm-Up For Your Golf Game In 5 Minutes With Golf Fitness Stretches

By Sean Cochran

It is well known that in every professional sport athletes perform a series of flexibility exercises and drills to prepare them to play a game. The game of golf is no different. Unseen to the general public, many PGA Tour players perform a series of golf flexibility exercises to prepare them to play golf. It is done prior to hitting the driving range or putting green. It is a process of getting the muscles and joints of body ready to swing a golf club. Most every golfer on the planet understands the benefit of a warm-up program to get the body ready to play golf or any sport for that matter. Unfortunately for us the time required to perform a comprehensive golf warm-up program with golf flexibility exercises is not reasonable. Not reasonable because of time restrictions on our busy lives.

For example, we set our tee time for Friday at 1:30. Our plan when we leave the house in the morning is "I will get to course at 1:00, hit a few putts, chip for 10 minutes, head to the range, and be at the first tee with a few minutes to spare". Unfortunately, our plans sometimes do not play out as we intended.

We get stuck with a client on the phone, a conference call runs long, we get stuck in traffic. Whatever the case may be we are caught rushing to the golf course, getting to the course with 10 minutes to spare, jump out of the car, tying our golf shoes, get to the first tee with 5 minutes to spare, haven't hit a shot or putt....Do I need to go on?

Probably not.

It is a situation that happens to us all, and I as am guilty of it as you. However as strong as I suggest performing a good warm-up, and putting yourself in the correct frame of mind for the round, life at times just does not allow us to do it.

What are we to do in such situations?

I first off would suggest not utilizing the John Daly "grip and rip it" motto if you get to the first tee without warming-up. I have seen this (myself included) lead to a myriad of problems from the get go.

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I can remember a few years ago I took this approach and I think made a triple bogey on the first hole. My drive went left into the rough, second shot to the right, approach shot over the green into the bunker, bunker shot rolled 20 feet past the hole. Need I go on?

Let's just say I learned my lesson. First and foremost if you are caught in this type of situation let's not panic. Let's put a plan together to start the round out on the right foot and keep you in a positive frame of mind.

My first suggestion is not to rush and attempt to hit 3 putts, pull out driver take a few hacks, and then tee it up.

Let's take the 5 minutes we have and get the body warmed-up and ready to swing a golf club. How can we do this? Simply by putting together a series of golf stretches to "loosen" you up. Golf flexibility exercises will loosen the muscles and joints of your body. Preparing them to swing a golf club. They are simple to perform and can get your body and mind more ready to play than just a few practice

swings with the driver. This will take a couple of minutes to perform, but it will help you get the body ready to swing the golf club.

Once we have got the body "loosened up" let's get the mind in the correct space. I have seen all too often the tempo of a swing is way out of whack when a golfer lacks the time to properly warm-up. Attempt to relax, take a few deep breaths, and get the body to slow down a little. This should definitely help create some better tempo in your swing from the start.

Also, take your time. Once it is your turn to hit, take a little extra time. Take a few extra practice swings, relax, find your tempo, and match your first swing to the tempo of your practice swing. This is a tip I learned from Dean Reinmuth (top 50 Golf Digest teaching pros).

If you are not comfortable over the ball, step away, take a series of practice swings until you find the "right" swing and then perform that same swing over the golf ball. It has done wonders for my game.

I would also suggest continuing to take extra time on every shot until you feel comfortable and have found your swing. This might not occur until the second or third hole, but it is okay. It allows you to relax, make a good swing, and make a good shot.

Finally, when you are rushed I think course management can really help. Think about it for a moment. Why not on the first tee pull out 3-wood instead of driver, even if it is a par five. Hit a nice shot into the fairway, lay-up, and play for par? Again, starting off with par or even bogey is a lot better than a double or triple, both for your scorecard and mental frame of mind.

So if you are rushing to the first tee to get your golf game going let's review the protocol. First and foremost let's be smart and utilize the time we have at hand. Let's take the 5 minutes we have to warm-up the body for the golf swing. We will do this through the implementation of a series of golf flexibility exercises. These golf exercises will get your muscles and joints ready to swing a golf club. Once the body is ready the next step is taking your time. Take a few extra practice swings with the golf

club. This will allow you to find the tempo of your golf swing. Finally lets be smart with our course management skills. Think about what is the best golf shot to make and play within ourselves until our body and mind is ready to go.

Sean Cochran

Sean Cochran is one of the most recognized golf fitness instructors in the world today. He travels the PGA Tour regularly with 2004 Masters, 2005 PGA, and 2006 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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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

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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>

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Warming Up For A Round Of Golf
Golf Specific Fitness Can Be Your Silver Bullet
All For The Love Of Golf
Why Are Golf Courses Designed The Way That They Are

101 tips to stay fit and live longer.
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