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**Improve Your Golf Swing And Driving Distance With Golf Stretches**

**By Sean Cochran**

The golf swing is arguably one of the most difficult athletic actions to perform. The golf swing requires you to draw the golf club through a long range of motion with proper technique and exact timing.

Any error in swing plane, timing, or sequence will cause your golf swing to suffer, and suffer it will. Unfortunately, the result of your golf swing suffering will be errant shots, poor golf scores, and frustration on the golf course.

Often the amateur is at a lost for why their golf swing results in errant shots. Countless hours are spent at the range in an effort to improve their golf swing. Hundreds or even thousands of dollars are spent on lessons each year, and not to mention the purchasing of new equipment.

It all adds up to a lot of time and money spent on improving the golf swing. Unfortunately, for many amateur golfers their handicaps and score never improve. Leading to the question "why is my golf game not improving?"

If this is you and this question lingers in your mind. The answer to your question could easily be staring right back at you in the mirror. The failure of improvement may have absolutely nothing to do with the driver you are swinging, the teaching pro helping you with your swing, or even your practice routine. It could all do with you! Yes you, the physical body swinging the golf club.

Keep in mind the golf club does not perform the mechanics of the golf swing. Nor do the mechanics of the golf swing execute themselves without you. It is you and your body executing the mechanics of the golf swing. The point to make is your body directly affects the mechanics of the golf swing.

Additionally, the golf swing requires your body to encompass certain physical qualities to execute the mechanics of the golf swing correctly. These physical qualities are certain levels of flexibility, muscular strength, balance, and power. If you are lacking the minimal amounts of flexibility, balance, strength, and power to execute the golf swing correctly. Compensations will occur even before you swing the golf club.

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For example, let's look at your flexibility. The golf swing requires you to draw the golf club through a large range of motion. The backswing requires a full shoulder turn to set the club in the correct slot for the downswing, and the finish position is almost a mirror image of the backswing.

In order to perform these parts of the golf swing correctly, the muscles of your body must be flexible. An inflexible body in which muscles are "tight" creates restrictions in movement. Restrictions in movement in relation to the golf swing will undoubtedly result in limitations pertaining to golf swing. The limitation will impede you from creating a full shoulder turn and balanced finish position. This causes compensations in the mechanics of the golf swing.

The entire body needs to be flexible for the golf swing. Certain muscles more than others are involved in the golf swing, and if these muscles are "tight" they will directly affect your golf swing. One such set of muscles is your hamstrings.

The hamstrings (back side of your upper leg) are often "tight" and cause problems to many people, not just golfers. However, they have a profound effect on the golf swing and it is not a good effect. Hamstrings that are "tight" are in a shortened position. The shortened position of the hamstrings has a direct effect on the position of your hips. Your hips will be "tucked", directly affecting your posture. This in itself can hamper the ability to place oneself in the correct position at address within the golf swing, not to mention maintaining a proper spine angle during the swing.

Additionally, "tight" hamstrings place an undue amount of stress on the lower back. Large amounts of stress on the lower back cause fatigue, soreness, and increase the possibility of injury. If you are a golfer that has ever experienced lower back pain you know the effect it has on your ability to swing the golf club correctly.

A combination of a postural change and undue amounts of stress on the lower back, just begin to scratch the surface of the effect inflexible muscles can have on the golf swing. "Tight" muscles change the kinematics of the body. As a result, the biomechanics of the golf swing must be altered. These alterations usually lead to compensations in the mechanics of the golf swing resulting in errant shot patterns on the golf course.

And no matter what you do in terms of practice or instruction these alterations will not go away until you address them. Just as you address swing faults, you must address flexibility faults. Flexibility faults can be addressed through golf stretches.

Golf stretches enhance the flexibility of your body in relation to the golf swing. Golf stretches often times return muscles that are "tight" such as the hamstrings to their proper length. This results in the ability of your body to perform the biomechanics of the golf swing correctly. If you are one of many golfers who are not finding their golf swing improving through practice and instruction. Take a moment and look at the body swinging the golf club. This very well may be the root of your golf swing problems. Fix your flexibility faults through golf stretches and find yourself on the road to lower golf scores and more enjoyment in the game of golf.

Sean Cochran

## Improve Your Golf Swing And Driving Distance With Golf Stretches

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, 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

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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 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.

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