

GOLF STABILITY EXERCISES



1 Too often, amateur golfers limit their potential because of a lack of golf strength. They do not have the flexibility, balance, endurance, strength, or power to swing the club most effectively. Improving your golf strength is a combination of cross-specific exercises that improve your body around your swing. Your core is the engine of your golf swing.

2 Go slow with any new exercises you have not performed in the past. Check with your physician before undertaking any new physical training program.

3 It is imperative that you perform basic lumbar stability exercises prior to participating in a golf specific core stability program.

Exercise #1: Alternating Arm/Leg Extension

Benefits to the golf swing:

- **Golf muscles trained:** Lower back, deep stabilizers of the spine, mid-back, upper back, glutes, abdominals, hip flexors, and hip extensors.
- **Exercise benefits:** This exercise helps strengthen the muscles of the lower and mid-back. For those golfers whose backs fatigue before the round is over, this exercise should provide some relief.

How to perform this exercise:

Step 1: Begin this exercise by placing your hands and knees on the floor.

Step 2: Place your hands directly under your shoulders with your knees directly under your hips

Step 3: Your back remains flat with eyes focused on the floor. Visualize balancing a glass of water in the middle of your lower back. No spilling! Engage your core stabilizers.

Step 4: From this position, simultaneously extend your left arm and right leg to positions that are directly out in front and behind the torso, respectively. Throughout the extension of your arm and leg, maintain a flat back position. Keep balancing that glass of water on your lower back.

Step 5: Once both the arm and leg are extended, hold the position for two seconds and then return to the starting position.



Repeat this sequence with the opposite arm and leg. Alternate back and forth for 10 to 15 repetitions with each arm and leg.

Note: This exercise will help you feel much better and perform at your peak longer

Exercise #2: Seated Russian Twist

Benefits to the golf swing:

- **Golf muscles trained:** Obliques, lower back, abdominals, and deep core stabilizers
- **Exercise benefits:** Ideal for improving power in your golf swing

How to perform this exercise:

Step 1: Sit on the floor with knees bent, feet and knees together, heels pressed to floor, and toes pointed upward.

Step 2: Clasp the hands together and place in front of the stomach.

Step 3: Lean back until the abdominals "turn on." (If you do not feel the abdominals contract, you gain little from this exercise.) This is engaging your core.

Step 4: Begin by rotating the torso (shoulders and chest) to the right as far as possible. Focus on rotating the entire upper body, not just the arms, allowing the head to track behind the arms and shoulders. Pause at the farthest point of rotation and then return to the center. Keep those abdominals turned on!

Step 5: Next rotate to the left, following the same guidelines. Return to the starting position and repeat to the right.



Perform 15-25 repetitions per side.

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Exercise #3: Stationary Golf Swing with Medicine Ball

Benefits to the golf swing:

- Greatly Increases power output during swing.
- Develops golf-specific muscles directly involved with swing.
- Promotes a stable base and more consistent ball striking.
- Improves distance and accuracy due to overloading body with weight while simulating the golf swing.

How to perform this exercise:

Step 1: Assume your golf posture engaging your core muscles.

Step 2: Hold medicine ball where you would normally hold club.

Step 3: Begin slowly rocking your shoulders back and forth as if swinging club.

Step 4: Stay connected with the triangle of your shoulders, arms, and hands.

Step 5: Slowly increase range until shoulders are almost to 90 degrees.

Step 6: Gradually increase speed but with total control and awareness of your golf swing mechanics.

Perform 15 reps per side.



Exercise #4: Twist with Medicine Ball

Benefits to the golf swing:

- Greatly improves golf swing speed.
- Improves power and distance

How to perform this exercise:

Step 1: Assume a standing position with your arms straight and hanging down in front of you, holding your medicine ball or dumbbell.

Step 2: Rotate your upper body to one side, holding the medicine ball or dumbbell chest high the whole time.

Step 3: Return to starting position and do the opposite direction.

Perform 15 times for 3 sets.



Exercise #5: Downward Wood Chop with Medicine Ball

Benefits to the golf swing:

- * Quickly improve your downswing power and clubhead speed.
- * Improve range of motion through impact.
- * Dynamically strengthen golf muscles involved with downswing.
- * Build muscular endurance specific to the swing.

How to perform this exercise:

Step 1: Stand tall holding medicine ball with both hands.

Step 2: Start with ball to the right, above head, and with torso turned to the right.

Step 3: Move ball from high position to low position, from right to left across body and downward, like chopping wood.

Step 4: Reach the finish position with the ball across body, body turned to left, knees bent.

Perform 10 repetitions for 2 sets, both directions.



Note: You will quickly notice an improvement in your ability to produce higher clubhead speeds during the downswing. This will result in more power at impact and greater driving distance.

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Exercise #6: Tubing Side Rotation

Benefits to the golf swing:

- Improves rotational strength and speed

How to perform this exercise:

Step 1: Grasp the handles of the elastic tubing slightly above hip level. Place the feet slightly wider than shoulder width, knees bent and torso upright.

Step 2: Step 2-4 feet away from the tubing attachment to create tension. Allow your hands to shift to the sides of your body when stepping away from the tubing attachment.

Step 3: Rotate your shoulders and hips in the direction opposite of the tubing attachment, pulling the arms across the front of your body. Continue to rotate at a high rate of speed until the shoulders are completely rotated in the opposite direction, and your hands are on the opposite side of your body.

Step 4: Return to the starting position and repeat.

Step 5: Perform 8-12 repetitions.

Step 6: Switch to your opposite side and repeat



Exercise #7: Full Swing with Tubing

Benefits to the golf swing:

- This tension allows you to stretch to a 90-degree shoulder turn, with minimal hip rotation. A second benefit is that you're pulling this tubing in the exact sequence of motion for a golf downswing. So you are getting the benefit of stretching and strengthening the muscles involved in the backswing (enabling you to achieve a full golf swing) and improving your power in the downswing.

How to perform this exercise:

Step 1: Try to eliminate or stabilize the lower body by either sitting on a stability ball or chair, or really focusing on no hip rotation when doing these golf swing drills. You'll get maximum benefit out of improving your upper body turn while having minimal lower body turn. This creates the big differential we call the "x-factor."

Step 2: Use resistance tubing attached to the upper part of a door.

Step 3: Pull the exercise tubing in motion mimicking the downswing, but with as little rotation in the hips as you can manage.

Perform 15 reps per side

