

Golf Fitness

Hello, my name is Simon Sveder-Cain I am a golf fitness consultant and I train players from the European Tour, Asian Tour & PGA Professionals.

It is a pleasure to join up with the RAF Golf Magazine to present regular Golf Fitness Exercises that are specific to help you develop flexibility, balance, strength, and power to improve your game.

This month's article is to learn from the number one player in the world "TIGER". The following exercises will not only help you to hit the ball further but will also give you better control of your body...!! (Cross Over, Torso Turns, Walk Outs & Stretch Spiderman Rotation).

"Learn from the TIGER Strengthen then Lengthen"

Tiger has told us "I was born with natural muscle elasticity but I still work hard to maintain it" As we have seen in recent years Tiger has bulked out to add strength to his muscles whilst maintaining his flexibility. If you want to build muscles, make like Tiger and apply plenty of stretching exercises into your exercise programme.

To find more golf fitness exercises visit www.personalbeststudio.co.uk and click on the Exercise Zone.

Remember before you TEE it up, stretch out like the TIGER



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CROSS OVER STRETCH

TARGET;
This stretch will increase the flexibility in the upper outer thigh and your hip.

STARTING POSITION;
Stand upright, feet shoulder width apart. Take your right foot and place it behind your left leg.

STEP BY STEP INSTRUCTIONS;
Grab a golf club and place your right foot behind or crossed behind your left foot. Extend the club in the air as high as you can go and lean to your left stretching your TFL or hip muscles. Switch legs and stretch to the other side.

EXERCISE TIP;
Have the feeling of pushing your hip away from the opposite direction you are leaning towards. ●

GOLF TORSO TURNS SINGLE LEG BALANCE

TARGET;
This exercise helps develop better balance in your golf swing and builds more stability in your lower body.

STARTING POSITION;
Standing upright, feet shoulder width apart. Take your right leg off the floor, cross your arms over your chest tilt forwards into the golf posture.

STEP BY STEP INSTRUCTION;
Start by standing on one leg and getting into a stable golf posture. Lift your left leg and cross your arms over your chest, trying to keep your lower body stable. Begin to rotate your trunk back and forth, maintaining your balance. Repeat on the left leg.

EXERCISE TIP;
Rotate slowly, keep big toe flat when balancing. Feel the strength in your core when you rotate. ●



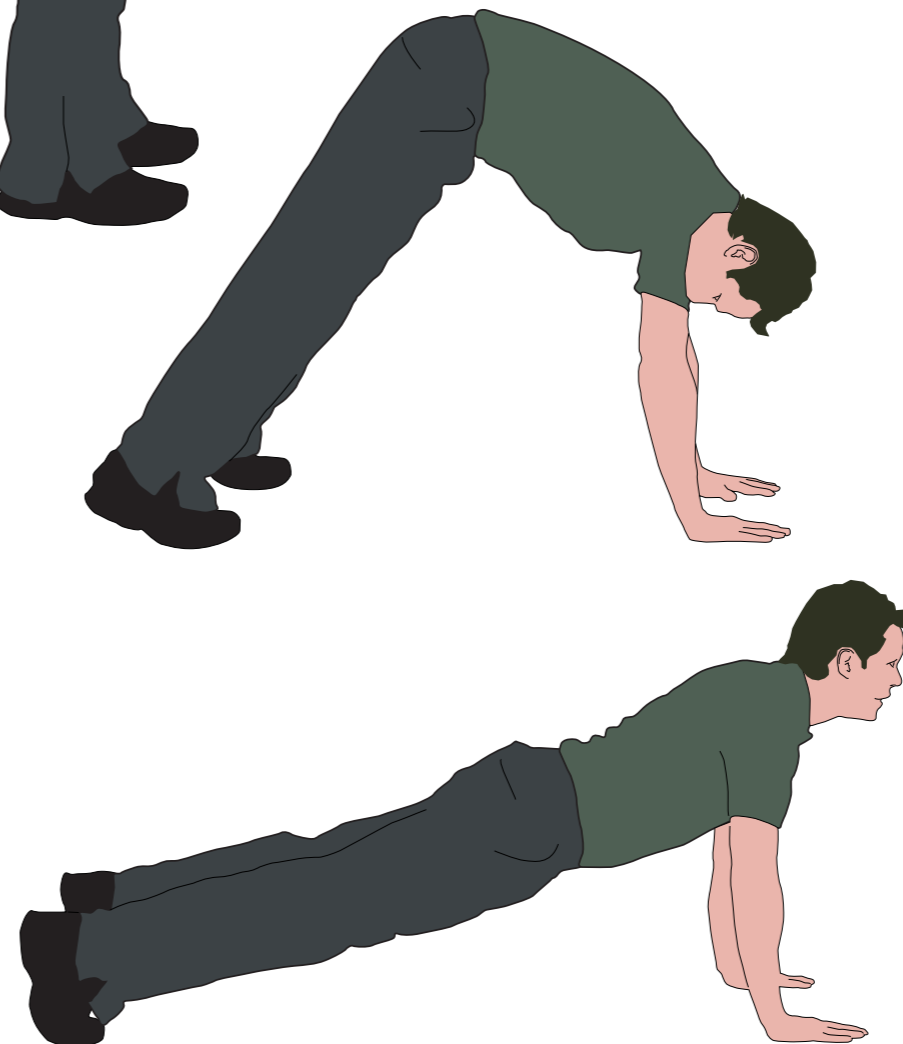
WALK OUTS

TARGET;
To increase mobility and flexibility in lower back and hamstrings

STARTING POSITION;
Standing upright feet shoulder width apart hands on hips.

STEP BY STEP INSTRUCTIONS;
Drop your hands towards your toes whilst keeping legs straight, bend at the waist and hold the touch toe position. Walk with palms out into a press up position, perform one press up, walk again with flat palms backwards towards your original position keeping your legs straight.

EXERCISE TIP;
Keep hands flat to the floor, maintain straight legs, (if you cannot touch your toes with straight legs bend your knees until your hands can touch the floor). Maintain a relaxed breath at all times. ●



SPIDERMAN WITH ROTATIONS

TARGET;
Improve rotational movement through 'Core' Strength

STARTING POSITION;
With hands placed on a box or chair, hold body weight in the press up position, spread feet shoulder width apart.

STEP-BY-STEP INSTRUCTIONS;
Place your left foot next to your left hand, rotate your right arm so that your finger tips are pointing to the ceiling, turn your head to the right and hold the rotation for 15 seconds. Return hand to your original position. Repeat with your left side. Complete 10 reps on both right/left side.

EXERCISE TIP;
Maintain height through hips during each rotation. ●