

It Takes More Than Just Swinging a Club To Play Better Golf...But It Doesn't Take much!

Part II



by Mindi Boysen, Certified Golf Fitness Specialist, Tatum Ranch Golf Club Contact: 480-203-6228
www.fitforgolfusa.com www.synergisticgolf.com

In Part I, you found out what it is that golfers really want: hit farther, more accurate shots consistently without pain and be able to have the physical and mental stamina to last the entire round! Now I'm not a golf pro and don't pretend to be one. But analyzing a swing and knowing what muscles need to be used and in what order they are to be used is something I DO KNOW. Let's look at a swing....

Swing Analysis

- *The leg and hip muscles (quadriceps, hamstrings, and gluteals) are responsible for power production and initiate the golf swing..
- *The midsection muscles (erector spinae, abdominals, and obliques) transfer force from the legs to the torso to accelerate even more.
- *The torso muscles (pectorals, latissimus dorsi, and deltoids) produce the actual swing action and play critical role in club head speed.
- *The arm muscles (biceps, triceps, and forearm flexors/extensors) are responsible for club control and largely determine club head accuracy.



Did you know?

- *At least 32 major muscles are involved in a full golf swing?
- *Leg muscles generate 80% of a golf swing's power?
- *During a backswing, the range of motion for the shoulders is 102 degree rotation, for the hips, only 47 degrees
- *The "yips" which are convulsive-like twitches that occur during putting affect nearly 12% of all golfers. They are involuntary movements due to extreme focused and finely controlled motor behavior.

When beginning to train for golf or any sport, there are three phases of conditioning:

Off-Season: Three strength training sessions per week for general base and core strengthening, as well as for muscle control is sufficient. During the off season months is the best time to focus on overall muscle strength and enhance golf driving power.

Examples of exercises include: Leg Press, Leg Curl, Leg Extension, Squats, lunges, Push ups, Pullovers, Lateral Raises, Bicep curl, Triceps extension and abdominal crunches





Pre-Season: Once you have a strong base and balance of muscle, you can maintain by reducing your total body strength training sessions to twice per week. Now is the time to develop sport specific skills utilizing tiny, but key muscles such as low back and rotator cuff musculature.

A Free weight program with lighter weight and more repetitions might include: Back extensions, trunk rotations, abduction/adduction of legs and arms, internal/external

rotation of shoulder girdle, wrist flexion/extension

In-Season: Practice the sport! To prevent injury after long activity days with many rounds, you must rehabilitate those sport specific muscles. As with Off and Pre-season training, stretching all muscle groups before and after play will aid in not only a successful golf swing with a larger range of motion, but movement control and balance as well. A loss of balance can reduce a backswing or completely change the swing plane and, thus, the shot outcome. The basic flexibility exercises that address the muscle-joint actions most relevant to golfers are standing or seated hamstring, lower back, and upper back and shoulder stretches.



The fitness component I have neglected, but not forgotten is cardiovascular endurance. On your own, try to walk, run, bike, swim, play a different sport even to work on the most important muscle of your body.....your heart!

In fact, if you put as much heart into your golf fitness routine as you do your game, success is just around the corner.

If you are an avid golfer and still not convinced that a little extra training can actually improve the power behind your golf game... remember Happy Gilmore? A Golf Pro had to step in and fine tune his golfing skills, but the muscle behind that drive came from Hockey Training! As with any exercise or fitness program you start, it is always wise to obtain the professional services of a certified personal trainer for guidance on correct form when performing any exercises.

*Mindi Boysen is a certified personal trainer and Golf Conditioning Specialist endorsed by Tatum Ranch Golf Club in Cave Creek, AZ. She has recently released “Fit For Golf / Fit For Life”, a golf fitness program on DVD’s designed for golfers of all levels and abilities for in-home use. Her new book, **Synergistic Golf**, outlines each day of the year with golf performance enhancing tips. You can catch Mindi demonstrating golf specific exercises on **Golf Southwest KAZ TV-13** every Saturday at 5:00pm. She is also a partner of the Arizona Women’s Golf Association and is available for private or group sports conditioning training as well as seminars and nutritional consultations. Contact her at (480)203-6228 or mindi@fitforgolfusa.com*

Check Out Mindi’s Golf Fitness DVD Program and her NEW BOOK!!

