



## **Secret 7 Necessities for Great Golf**

**Susan Hill**

The game of golf can be difficult when you consider all of the individual elements. Most golfers are overwhelmed with information regarding which tips will benefit their game and which ones won't.

The most important aspects of the golf swing and the game, in general, all revolve around the building of a strong and solid foundation for the body, the mind and the basics of an athletic swing. Each of the following concepts plays a critical role in your understanding of what creates a great round of golf as well as contributes to a lifetime enjoyment of the game.

### **Stamina**

Golfers tend to ignore the cardiovascular component of golf. However, walkers cover an approximate walking distance of 4-5 miles each round. Even cart riders put in their fair share of walking depending on local cart rules, weather conditions and following errant shots. Poor cardiovascular conditioning can certainly have a negative impact on your game.

### **Stability**

The most important rule in a golf conditioning program is to work and develop strength from the core region of the body outward. A strong trunk allows forces to be transferred effectively from the legs to the upper body. It also enables the body to withstand those forces without breakdown. Stabilization comes in many forms for the golfer including postural stabilization, trunk stabilization and joint stabilization.

### **Strength**

Strength comes in many forms with regard to the golf swing. Strong back muscles allow the golfer to endure the explosive movements in the swing. Strength in the trunk region or "core" area of the body produces stability and helps to generate power. Combined muscle strength produces balance and coordination. Strong ligaments and tendons also prevent the joints from going beyond their range of motion.

### **Supple**

Flexibility is the single most important physical characteristic likely to influence your golf swing. A tight body creates restricted motion in the swing and produces injuries as a form of compensation. Keep your body "supple" so it doesn't become a limiting factor in your performance.

### **Spirit**

Attitude is everything! Many experts believe it is careful and premeditated preparation that allows a golfer to experience a mental edge in recreational or tournament play. What you say, what you think

and how you act all contribute to your state of mind, and therefore contribute to the outcome of your game. Keep a positive and hopeful spirit when you play.

## **Sequence**

The golf swing can be separated into five biomechanical phases that work in sequence.

- Set-up
- Backswing
- Transition
- Downswing
- Follow-through

A true understanding of proper body motion at each sequence will ensure consistency in your swing. Consistency is created through proper sequencing and solid mechanics.

## **Skill**

Good swing mechanics is an absolute necessity in any sport and certainly, golf. The idea behind the golf swing is to create a simple and flowing athletic swing free of wasted motion and unnecessary compensations. To accomplish this, one must have the basis of some degree of skill. Work with a golf pro or read a book on swing mechanics.

Use these “secret 7” to make your next round, your best ever. Build a strong foundation for golf and for life when you follow these simple steps to improvement.



Susan Hill is the President of Fitness for Golf, a website dedicated to helping golfers improve through golf specific programs.

Susan has earned national certifications as a fitness trainer with several organizations including the National Academy of Sports Medicine, the International Sports Science Association, and the American Council on Exercise. She currently trains golfers of all levels at the Sunriver Resort, a top U.S. golf destination resort in Sunriver, Oregon.

As a Chek certified Golf Biomechanic and Sports Performance Nutritionist, she is now among an elite group of golf fitness experts nationwide. Susan has worked with hundreds of golfers ranging in skills from beginners just taking up the game of golf to collegiate, amateur and tour players looking for a more competitive edge.

She is a contributing writer to [The Fitness Secrets of Championship Golfers](#) and Golf Illustrated, a guest speaker at private and public golf clubs, and a published writer on topics of health, fitness and golf. She was selected as one of the top three trainers as the Trainer of the Year 2003, having been chosen among over 85,000 trainers across the country.

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