

Helen to the Rescue

Be the king of your swing

Did you know most amateur golfers are not physically capable of performing the required body movements involved in a mechanically correct golf swing? Typically, recreational golfers will have lower back issues, tendinitis, as well as muscle and joint pain throughout their body. The golf swing can put a great deal of stress on your body, and if you lack the proper strength and flexibility, there is a greater chance you're going to experience pain or injury. There is nothing worse than having to take a forced break from golf because your body is not cooperating.

A golf-specific workout plan can: improve your performance, help prevent injury, and add power and control to your swing, thus reducing fatigue on and off the course.

EXERCISES THAT WILL HELP IMPROVE YOUR GOLF GAME

For best results, complete 2-3 sets of 15 on each side.

Side Step-Ups

Step laterally up on one step or platform, and straighten your leg.

This exercise targets your gluteal muscles, which are important in the golf swing. They provide stabilization, mobility, and power to the lower body, specifically the hips. Strengthening the hips will create a more stable base that can transfer energy through the upper body and into the club head.



Lunges with rotation

Begin in a standing position. Hold a golf club in your extended arms (chest height), and take a giant step forward with one leg. You do not want your front knee to extend past your toes. Make sure to bend both knees. Rotate toward the front leg.

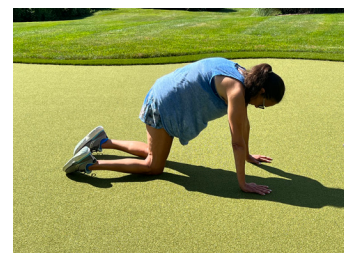
This movement connects the upper and lower body. The core or abdominal muscles, along with the legs, are used throughout the golf swing, and it is important that they are strong enough to allow for proper rotation and posture.



Cat Cow Pose

Start on your hands and knees. Take a deep inhale and lift and lower your hips. When you round your back, relax your neck.

Strengthening the muscles around the hip, low back, and core will allow you to rotate better. This exercise increases the flexibility of the neck, shoulders and spine.



Shoulder External Rotation

Start with a lightweight dumbbell and get into your golf stance. You will maintain your posture throughout the exercise to promote good posture in the swing. Begin to externally rotate your shoulder. This will contract the posterior musculature and strengthen the dynamic stabilizers of the shoulder. Focus on performing this exercise slowly for best results and maintain your posture!

This movement will contract the posterior musculature and strengthen the dynamic stabilizers of the shoulder.

It don't mean a thing if you ain't got that swing!



**Yours in Fitness,
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Helen's love of fitness began at an early age. She practiced dance, gymnastics as well as track and field. She's an Exercise Physiologist with 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant, and Senior fitness specialist. Helen is the owner of Unique Health & Fitness.

EXERCISE YOUR RIGHT TO MOVE IT and LOSE IT!

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