

Golf Fitness Tip must focus on the golf swing

A Golf Fitness Tip Must Focus On The Golf Swing

There is no way that you can separate a good golf fitness tip from a good well executed golf swing. The golf swing is the most strenuous aspect of the game and a good golf fitness tip is one that helps you improve on your golf swing.

The basics of a proper golf swing are universal. A proper golf swing actually consists of three separate segments that every golfer should work on in their efforts to develop and improve their golf swing. A good golf fitness tip must be able to help a golfer achieve this objective. Backswing, downswing and impact

The three segments of a golf swing are the backswing, the downswing and finally the impact and follow-through.

A useful golf fitness tip should be able to help as you carefully work on each of the three segments separately in an effort to get the right positions and movements. This is how golfers work on improving their golf swings. Proper golf swing starts at the legs

Every proper golf swing starts at the legs and the hips and not the arms where many golfers place most of their attention and emphasis. This is precisely the reason why proper exercising that is golf-specific usually has such a huge impact on most people in terms of dramatically improving their golf games. A good golf fitness tip can address any of the golf muscles involved in this particular part of the golf swing.

The golf fitness tip can also address golf conditioning. Golf conditioning exercises have the effect of preparing the individual muscles and parts of the body used in a golf swing, so that your movements and follow-through come almost effortlessly and as naturally as possible. Without exercise, the proper golf swing movements only work to strain unprepared, weak and therefore tense muscles.

Although golf has always been viewed as a leisure sport, the truth of the matter is that the modern golf player has to condition his body and muscles in many parts of his body, not just arms.

Golf fitness tips can play a major role in improving the golf swing.

About the Author

About The Author: Mike Pedersen is one of the top golf fitness experts in the country, author of the Ultimate Golf Fitness Guide, and founder of several cutting-edge online golf fitness sites. Take a look at his just released golf fitness dvds and Manual at <http://www.performbattergolf.com>

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