

## Lower body golf swing generates maximum power

### A Lower Body Golf Swing Can Generate Maximum Power

The perfect lower body golf swing involves the legs to a very large extent and it is therefore true to say that exercise that conditions these parts of the body will have a positive impact on the quality of the golf swing.

This truth is obvious when you take a closer look at the lower body golf swing. During the backswing, the feet, knee and hamstring muscles are extremely important. The rest of the lower body golf swing movement will usually require a lot of participation of the hip and lower back.

Thus no good golf exercise program designed to improve the golf swing will avoid the lower back. In fact some golfers are puzzled at first when they see some of the golf specific exercises which concentrate on the hamstring and lower parts of the body. They may initially feel that too much emphasis is being placed on this lower part of the body. Actually too much emphasis can hardly be placed on the lower body when it comes to the golf swing. This is because that is precisely where most of the golf swings happen.

In the past, even when golfers thought of a little exercise, their emphasis was always on the upper part of the body, rather than on the lower body, when thinking about improving their golf swing. Times have changed and today every genuine golf exercise program will usually place a lot of importance and emphasis on the muscles on the lower body for the sake of the golf swing.

These lower body golf swing exercises will involve both stretching exercises as well as strength-building exercises that will usually involve weight training. A good program should include a wide range of different exercise and you should also be able to use various golf aid gadgets to correct weaknesses in your golf swing.

By strengthening your lower body golf swing you will always feel more confident and better prepared to perform a more powerful 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 at his golf fitness site - Perform Better Golf.

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