

Conditioning For Golf

Conditioning For Golf Produces A Powerful Golf Swing

Conditioning for golf sounds like an oxymoron doesn't it? But let me ask you this. Do you feel stress in your body during or after a golf swing? I'm referring to physical stress. The muscles tightening; the lower back stiffening; the joints aching; or just plain physical fatigue. The reason I ask is to make you aware that conditioning for golf will help eliminate all the above.

I've written many articles pertaining to the traumatic effect the golf swing can have on the body. Swinging a 3 foot plus lever (club) at up to 100 mph in a very dynamic and sometimes uncomfortable position (golf posture) will abuse your body quickly if you have not prepared your muscles from both a strength and flexibility standpoint.

Physical breakdown of the body is a common occurrence for golfers. Many golfers don't realize the intense pressure the golf swing causes, and yet they'll deal with aches and pains through their entire golfing career.

It doesn't have to be that way!

Golf is an athletic movement and you should physically prepare your body to perform, like any other athlete would for his or her sport.

Doesn't that make sense?

I see golfers every day on the range and the golf course who are physically broken. They have locked up shoulders, inhibiting their ability to rotate fully; they have no core strength (most golfers are sporting too many pounds in the middle) to produce power and distance; poor hamstring flexibility, making it impossible to maintain golf posture; the upper back muscles are weak and tight causing the rounded upper back, eliminating any chance of proper spine angle.

I could go on and on, but I think you're getting the picture.

I don't know if golfers are in denial of the importance of conditioning for golf, or just don't want to put any effort into that aspect of the game. But either way, it is inevitable that a weak and restricted body will have no chance at maximizing potential. It's a physical impossibility. Conditioning for golf should be taken seriously!

When you do a program specific to golf, it can be fun. Boredom is one of the biggest causes of consistency and results. But if you knew you were doing something not only for your personal health, but to benefit your golf game, wouldn't that motivate you to stick with it?

We're not talking about going to a gym for 2 hours with all the muscle heads. We're talking about 20-30 minutes a day in your home. Simple and fun exercises with tubing, handweights and a stability ball. Your complete golf fitness gym for under \$60. No gym memberships. Just a fun routine in the privacy of your home.

Evaluate where your golf swing and game are currently and ask yourself this question. "Would I play better if I could move my body more fluidly and powerfully?" The answer is a resounding YES! You've got to realize this sooner or later. Prepare your body to perform and the sky is the limit. Get started right now on your conditioning for golf!

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

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