

## Core Golf Workout

### Core Golf Workout For A Power Golf Swing

A core golf workout that produces a power golf swing is one that focuses on rotation. The primary movement in the golf swing is rotating your upper body back, then rotating it through to the finish. That is why it is critical you implement exercises that involve rotational strength and flexibility

There is a lot of confusion with golfers on what to focus on when trying to improve power in the golf swing. Your power comes from your core. Just like in any other sport, your core is the engine to the swing.

Participating in a core golf workout for more power in your golf swing does not take fancy equipment or for that matter a lot of time. Getting creative with what you have laying around your house or even your office will do just fine. A good example is at your office

Your sitting in your chair in front of your computer and your back gets stiff. Don't just let it get stiffer, do a rotational stretch right there on the spot in your chair. Reach around the back of your chair with one hand, and leverage the other hand against your thighs to rotate as far as you can. Hold it for 10 seconds and go to the other side.

How simple was that? Try it right now as you're reading this article!

That would be considered one exercise for your core golf workout that will improve your power golf swing.

Do this several times a day, and try to rotate farther each time you do it. You'll notice you can go much farther the more you do it. How about a strength exercise for your core?

Get creative. Grab anything you have in your home or office that you can hold in your hands. While sitting or standing, extend your arms straight out in front of you and while looking straight ahead, rotate with your arms as far as you can to the right holding this object. Now rotate to the left. Do this a total of 20 times.

You'll notice you will be able to rotate farther and farther after each rotation!

How hard was that? No gym. No fancy equipment. Just a can of soup, or even a half gallon of milk. If you've got some hand weights gathering dust, that's even better. Try to increase your weight as time goes on.

Hopefully you're getting the idea of what a core golf workout is that will improve your power golf swing quickly.

As a golfer, always pay attention to the physical requirements of the golf swing. What position your body is in. What movement your body goes through. And at what rate of speed.

When you approach your golf exercise and golf stretching program with this mindset you're on your way to a power golf swing that will be the envy of your foursome.

About the author:

Mike Pedersen is one of the top golf performance trainers in the country, author and founder of several cutting-edge online golf improvement sites. Take a look at his just released golf dvds and manual at his improve golf swing site - Perform Better Golf.

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