

HOW TO ADD 50 YARDS TO YOUR GOLF SWING AND LOWER YOUR HANDICAP...FOREVER!!

PART I

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With each passing golf season comes more and more frustration at the golfer's lack of progress in his/her game. Oftentimes the golfer will spend astronomical sums of money on a new set of clubs, or will spend endless hours making adjustments to his/her stance, grip, swing, etc. More often than not, however, the golfer's lack of progress in the sport comes from faulty body mechanics or inadequate physical conditioning. In this 5 part series, I will explain how to improve the golfer's game simply by improving the way a golfer naturally moves. There are four things that need to be addressed when improving your golf game...

- 1. MUSCLE FLEXIBILITY**
- 2. POSTURAL STABILITY/MUSCLE IMBALANCE**
- 3. FULL BODY STRENGTH**
- 4. FULL BODY POWER**

By addressing these key components of golf conditioning the golfer will, without a doubt, significantly improve the mechanics of his/her golf swing! In this article we will focus on MUSCLE FLEXIBILITY and how a golfer can make significant gains toward a better swing using some key stretches. These stretches should be used in conjunction with your exercise program, but they should also be used before a round of golf.

The following stretches will improve the flexibility of both the TONIC muscles (muscles responsible for posture) and the PHASIC muscles (muscles responsible for actual movements such as swinging a club) in the body. We are addressing very typical areas of inflexibility that golfers have. These stretches can easily be done in a gym setting or in a golf setting. Each stretch should be held for approximately 10 - 15 seconds. Try to do each stretch 3-5 times with a 10 second break between each.



Calf Stretch - The Downward Dog stretch is a great yoga pose. Begin by placing the feet hip's width apart and flat on the ground with the toes pointing straight ahead. Put your hands on the floor under the shoulders. Raise the hips high and lock the knees tight. While keeping the knees locked, try to push your heels down into the floor.

Hamstring Stretch - Begin by placing the left foot (toes pointing forward) ahead of the right (right toes should be at about the left foot's heels) with both feet flat on the ground and about hip's width apart. With the left leg slightly bent, bend down and touch the ground with your fingertips, keeping the back as flat as possible. Attempt to straighten out the legs as best as possible while keeping heels flat on the floor. Hold 10 - 15 seconds and repeat with the other leg forward.



Hips/Glute Stretch - Begin by sitting on a bench or a golf cart with the low back flat, and the shoulders pulled back. Cross the right leg over the left (as shown), and with the left hand grasp the right foot and with the right hand grasp the right knee. Lightly lift the knee and foot towards the body (with more emphasis on the knee) until a stretch is felt in the right hip region. Repeat with the other side.

Chest Stretch - Begin by standing by a doorway. Grip the edge of the doorway with your arm at a 90 degree angle as shown. Lean forward until a stretch is felt in the chest region on the same side as your raised arm. Repeat with the other side.



Inner Thigh Stretch - Begin with your feet slightly wider than shoulder width apart and feet pointing straight ahead. Shift weight to one leg, bending it, while keeping the opposite leg straight. Continue to keep your weight shifted towards the bent leg until you feel a stretch in the opposite straight leg. Repeat with the other side.

Improving muscle flexibility WILL increase a golfer's range of motion which will lead to an improvement in his/her swing. These stretches should be included in your daily workout immediately after warming up. They are also recommended prior to playing a round of golf.

In next week's issue, I will talk about correcting poor posture, muscle imbalance, and how this could be the SINGLE BIGGEST FACTOR AFFECTING A GOLFER'S LACK OF PROGRESS IN THE SPORT. Until then, I wish everyone the best of health!