

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

## PART III

By Nick Holtzman, NSCA-CPT

In Parts 1 and 2 of my golf series articles, I stressed the importance of proper muscle flexibility and postural stability to improve one's golf game (these articles can be found by clicking [here](#)). In this article, I will focus mainly on MUSCLE IMBALANCES and easy ways to improve and correct them.

Muscle imbalances are caused by overuse of an agonist muscle (the muscle primarily responsible for a movement), and the under-use of its antagonist muscle (the muscle that opposes the agonist muscle's movement). A very common example of this occurs everyday in our daily lives. Many of us spend hours everyday in front of a computer or seated at a desk with paper work directly in front of us. Since all of our work is occurring in FRONT of the body, our shoulders tend to slump forward, making the front shoulders the AGONIST muscles (muscles in use), and the rear shoulder and upper back muscles the ANTAGONIST muscles (the muscles acting in opposition). Multiply this action everyday for as many years that we have spent at a desk studying, using a computer, or doing your everyday paper work and it is easy to see how extreme muscle imbalance and poor posture can occur.

How does this affect our golf game? Muscle imbalances cause poor posture, which causes faulty body mechanics, which causes poor movement, which can lead to a golf swing far below the potential that it can have! Fortunately, the BEST way to correct muscles imbalances is simple: it is extremely important that the golfer strengthens his body COMPLETELY, and EVENLY. By incorporating **every major movement** into one's workout, along with an effective **core strengthening** and **muscle flexibility** program, the body will naturally correct itself of these muscle imbalances and begin to move better.

One of the mistakes that recreational golfers make is that they **exclusively strengthen and train the muscles responsible for golf movements**, while ignoring the opposing (antagonist) muscles. In actuality, this can cause more harm than good because it further promotes this muscle imbalance and can decrease the

effectiveness of the movements. The **best** way to improve **golf** movements is to improve natural **human** movements, and to do so in an even way.

It can be argued that ALL human movements fall under 4 categories:

1. PUSHING
2. PULLING
3. ROTATING
4. LEVEL CHANGING

By designing a strength and conditioning program which emphasizes these 4 movements evenly, the golfer has the greatest chance of improving his/her overall movement function, and correcting their muscle imbalances. In our next article, I will break down each major movement, give examples of exercises as well as progressions, and show you how to incorporate these movements into your strength and conditioning program. By improving FULL BODY STRENGTH and FULL BODY POWER, the golfer will be in the best possible position to improve his/her golf game forever! Until then, I wish the best of health to everyone.