

## **HOW TO ADD 50 YARDS TO YOUR GOLF SWING AND LOWER YOUR HANDICAP...FOREVER!!! PART 5**

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With the Fall season in full effect, I am sure that plenty of you avid golfers are looking to get one last round in before the weather gets the best of us. You can never tell with Wisconsin weather!

I hope that everyone who has read parts 1-4 of this golf series has benefited from them. In those past articles, we have discussed improving flexibility, posture, muscle imbalances, and correctly training movements for optimal health. These are essential components of an effective exercise program. When done properly and consistently, they will improve the way your body naturally moves, and will no doubt improve your golf swing.

Article 4 talked about the actual “workout” portion of an exercise program, and how it should include the following 5 movements:

1. LOCOMOTION
2. PUSHING
3. PULLING
4. LEVEL CHANGES
5. ROTATION

Article 4 stressed the importance of the first 3 movements, LOCOMOTION (moving from one place to another, performing exercises standing up), and upper body PUSHING and PULLING. This issue will talk about the final 2 and highly important components of an effective exercise program: LEVEL CHANGES and ROTATION.

**LEVEL CHANGES** It is highly important to include exercises that include level changes (moving from a low point to a high point) when designing your program. These movements effectively mimic those done in everyday life so therefore are important to your routine. The most essential level change exercise is a bodyweight Squat, which is by far one of the best exercises in terms of improving strength and muscular endurance in your legs. Other examples of Level Change exercises include a Step-Up or a Backwards Lunge. If you have knee issues, I highly recommend consulting your doctor to make sure these exercises should be performed, as well as a fitness professional to make sure that the techniques are correct.

**ROTATION** Rotation is probably one of the most, if not **the** most overlooked component of an exercise program. In fact, if one’s rotational ability were stronger, I can just about guarantee an increase in total body power (i.e. driving a golf ball). The main muscles for developing rotational power are the oblique muscles (located on the side of the abdominal region, commonly called “love handles”). Developing these muscles is crucial to not only improving your golf swing but also in stabilizing your pelvis and spine. This increase in strength via a more stable body will lead to overall better movement control and power. If rotational exercises are new to you, I recommend

working on your rotation using just your body weight, or a light medicine ball. Bands or a cable pulley machine are effective ways to work rotation once you have your technique down. Once again, this can be a difficult exercise for beginners to perform correctly; I recommend consulting a fitness professional to help you with the techniques.

**PUTTING IT ALL TOGETHER** Well this wraps up our 5 part series on putting together a workout program that will improve your golf swing. When designing an exercise program, I recommend an even number of exercises in each of the 5 essential categories, along with some core (abdominal & low back) training as well. This will get your body to align better, to move better, and to perform better! For more specific questions, I encourage everyone to shoot me an email ([Nick@FitProMilwaukee.com](mailto:Nick@FitProMilwaukee.com)). We would love any feedback or to answer whatever questions you might have. I wish everyone the best of health, and with hunting season arriving, watch for my next article which will give tips on improving strength and endurance specific to hunting. Until then, best of health to everyone!