

# Strength Training to Improve Your Golf Game

- The one aspect of improving on the golf course that most players overlook is fitness. You need to maintain a level of fitness in your muscles to be able to produce good swings over the period of 18 holes. If your muscles are out of shape, or you are inflexible in certain key areas, you will have trouble getting good distance, making consistent swings, & lowering your scores.
- The explosive nature of both the golf swing place significant stress on shoulders, wrists, joints & elbows & produce extreme torque forces on the lower back and hip areas of the body. If you are not strength training and performing appropriate stretching techniques during the off season as well as in season, you could develop game limiting injuries in these & other areas of the body. The results of introducing a sports conditioning program will be a more powerful swing with less effort & a decrease in potential for injury.
- Golfers are constantly evolving both on the course and with their daily routines. Refining their swing is as important as their fitness training techniques. At clubs, fitness facilities & on tour; we see golfers are more focused on the concept of functional training to maximize effective targeting of muscles & joints used in their golf swing. Golfers are looking for any advantage they can get over their competition, & fitness is an area where they can raise their game to the next level.
- Not Just About Strength - One mistake that golfers make is thinking training & exercise is only about getting stronger & adding yards. If they are happy with their distance, they will neglect golf-specific exercises. The important point here is that golf exercise will not only help to add yards, but also prevent injury. In a repetitive stress game such as golf, injuries are common – especially to the back. Nothing will knock you off the course longer than a back injury, so train your body for the course so you can keep playing as the years go by.