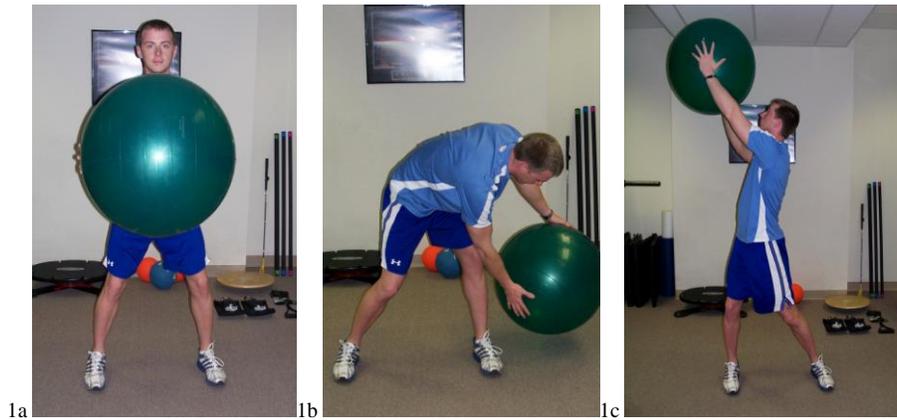


Fairway Fitness

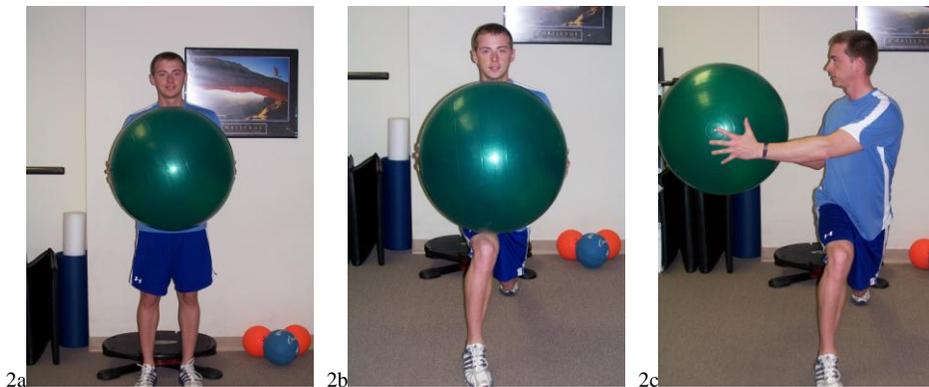
Dan Greaves, AFPA Certified Personal Trainer

In the last article I introduced exercises to help increase your swing strength and stability. Performing these types of exercises in the off season help to prepare your body for the upcoming demands that the golf swing takes of the body. Most importantly these exercises decrease the chance of an early season muscle injury that could limit your play time early in the golf season.

Now that the weather is starting to warm up, many of us are jumping right into playing multiple rounds during the week, so the demand of strength, stability and flexibility are greatly increased. The following exercises are designed to increase athletic performance in these three areas. Adding these exercises to your weekly regimen not only help to maintain or improve your current core strength and flexibility, and helps to limit possible muscle strains and pains that could cut into your playing time.



Lateral twist: Start with holding an exercise ball out in front of your body, with your knees flexed and feet shoulder width apart (1a). Begin your twist with a lateral movement down to your left side tapping your ball to the floor (1b). In this position you should feel a full stretch in your middle and lower back muscles. Finish the lateral twist by extending your body upward now to your right side with a high full stretch (1c). Perform 10-15 repetitions for 3 sets and repeat with the other side.



Lunge twist: From a standing position, begin your lunge with a step forward (2a). Lower your body downward into a lunge position not allowing your thigh to lower past parallel (2b). In the lunge position you should feel your thigh and core muscle stabilizing. From the lunge position with the arms and ball extended; make a lateral twist to the side of your planted leg allowing a full stretch through the back (2c). Perform 10-15 repetitions for 3 sets and repeat with the other side.