

# The "Goose's"

## 10 best exercises for golf



It was in April 2007 that the first of Goose's 10 Best exercises for Golf was brought to you!

18 months has gone by so quickly and for those of you who have been diligently following the prescribed exercises over the last nine editions, congratulations on becoming 'fit for golf'.

Please send me an e-mail at the following address, [info@sagolftrader.co.za](mailto:info@sagolftrader.co.za) should you wish to give me any feed-back about your experiences with these exercises.

To re-iterate the main message behind the Goose's 10 Best Exercises for Golf:

As the body is ultimately the machine that drives the club, the best way to improve your golf is to improve the golfer!

There is no question that golf is now globally acknowledged to be a sport requiring adequate physical conditioning if it is to be played enjoyably and effectively. Just because you know what you should be doing from a technique perspective, does not mean your body is capable of doing it – your movement sequencing or power output may require some off –course 'physical coaching' & conditioning.

The 'X factor' is considered to be the key element in driving the ball further and obtaining a repetitive, consistent and effective swing.

The X factor involves the storing of energy in the spine as a result of the differential rotation between the 45 degree (max!) of hip turn and the 90+ degrees of shoulder turn. This stored energy must then be effectively and powerfully released from the top of the backswing to impact.

Another myth that needs to be blasted wide open is that stretching is only required to prevent injury or to warm up the body prior to exercise. This assumption is inaccurate as stretching has been scientifically proven to 'unleash' power output from muscles, improve timing as well as enhance kinematic sequencing.

Goose demonstrates the following effective stretch:

Lying on your RHS against a wall, ensure that your right hand, right hip and underneath right leg are lined up with and in contact with the wall.

Your left leg should then be bent & brought up in front of you with the foot on the ground in front of your right thigh.

Your head should be turned toward the right and either the top RHS of your head or your right cheek should be in contact with the wall.

Maintaining this hold, slowly move your left hand along the ground toward your right hand. As you do this, a strong stretch will be felt along your RHS.

The distance between your right hand and your right hip can be changed to be closer or further from each other in order to either increase or decrease the intensity of the stretch.



Hold this maximum point of the stretch for 1 minute while breathing slowly and deeply. The stretch should then be repeated on the LHS.

Most right-handed golfers will feel tighter on the RHS of their bodies indicating that this stretch should be performed on the RHS for a minute, the LHS for a minute and then repeated on the RHS again in order to develop stability and balance between the two sides of the body.

It has been a privilege to share the Gooses's 10 Best Exercises for Golf over the last few months.

I look forward to hearing from you . . .

Happy exercising your way to better golf!

**Chantal**



*This article is brought to you by  
Chantal Du Chenne and the Vodacom  
Player Fitness and Therapy facility on  
the Sunshine Tour*

