

The "Goose's"

10 best exercises for golf



The importance and immense benefit of a Strength and Conditioning Program for Golf being **FUNCTIONAL** cannot be over-emphasized.

If a particular muscle group is not strengthened and trained according to its specific functional application during an activity, in this case the golf swing, the value of the exercise will be considerably diminished from a sport science and applied perspective.

The abdominal muscles form part of the core stabilizers of the body. Their key function during both the long game and short game is to provide stability for the mid-back, lower back and pelvis thereby facilitating the maintenance of spine angle.

The spine angle a golfer assumes at address must be the same spine angle he/she maintains dynamically through the swing.

The maintenance of spine angle from the relatively static position at address through take-away, top of the backswing, through impact and then follow-through is a crucial biomechanical component in producing a repetitive and consistent swing.

This important maintenance of spine

angle is largely dependent on adequate and appropriate strength and control of the abdominal stabilizing muscles including the all important rotators, internal and external oblique, as well as transversus abdominus.



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Chantal Du Chenne and the Vodacom
Player Fitness and Therapy facility on
the Sunshine Tour*



There are an un-countable number of abdominal-strengthening exercises being administered by personal trainers, biokineticists, physiotherapists and golf fitness specialists.

Many of these exercises are effective providing careful consideration is given to the functional position and control of the spine, as well as the functional application of the exercise.

There may be no such thing as a 'bad exercise' but rather a good exercise poorly administered and executed.

The Goose correctly demonstrates the following effective base-line abdominal exercise:



Lying on your back with a swiss-ball held between your shins and your fingertips, ensure the 'lower abdominal' wall is kept tightly controlled with transversus abdominus (TA) active.

Now extend the RIGHT arm and RIGHT leg simultaneously while ensuring the continuous activation of TA. This involves your belly-button as a reference point being kept below the level of the ribs without breathing in to achieve this. The arm and leg should be lowered to within 1cm of the ground. The opposite arm and leg must be maintained in the start position. This position should be held for 10 seconds before returning to the start position and repeating the movement on the SAME side 10 X before progressing to the opposite side.

Be aware of the on-course benefits of this simple and effective abdominal exercise which will become apparent within a few weeks of its execution. The exercise should be repeated at least 5 X per week and especially on the day of your golf game.

Happy exercising....til next time!



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