

The "Goose's"

10 best exercises for golf



"As I head for the inaugural Presidents Cup in Montreal, Canada at the end of September, I am both thrilled and encouraged by how important the improvement of their overall Fitness, Health and Wellness has become to the vast majority of Professional Golfers across the board.

It is an awesome personal experience for the many years of my expertise and knowledge in golf related treatment and physical conditioning to culminate in the magnificent and very conducive arena of this prestigious event.

The International Team, with whom I will be working, comprises 12 physically fit and well conditioned players who are aware of the immense benefit of and are very committed to the consistent participation in a golf specific training program.

Four of this twelve man side are South Africans!!!



SA's very own Goose, who effortlessly and confidently held off the Tiger at the Presidents Cup in 2005, will once again be adding his cool, calm, collected demeanor and vast experience to this strong International Team.

In this issue, Goose demonstrates the neutral position of a thoraco-lumber-hip stabilization exercise. This exercise will also challenge his balance and when progressed can improve his movement pattern sequencing.

Placing a Swiss-ball approximately half a meter away from a wall, lie over the ball with perfect and neutral alignment of your head, spine, hips, legs and feet.

Your hips and lower waist should be in contact with the ball.

Placing your hands on either side of your head, ensure that your elbows remain wide and in line with your ears.

Please ensure that your START position of the exercise, as demonstrated by the Goose in this photo, involves a NEUTRAL spine position.

Bending/leaning of your spine in the direction of the wall may cause strain or injury.

If you start on your right hand side, ensure that the foot of the right underneath leg is placed flush against the floor/wall junction a foot-length in front of the left foot. Both knees should remain dead-straight.

Once you can effectively hold your body alignment for a minimum of 10 seconds in this position, lower the top half of your body over the Swiss-ball towards the floor. Don't drop too low that your elbow touches the Swiss-ball or rests on the floor!! This movement of the 10 sec hold in neutral and then the lowering of the upper body toward the floor should be repeated 5-10 times on the right side before changing over to the opposite side.

The challenge is on: postural alignment, stability, endurance, co-ordination and balance all rolled into one!!

All that remains is to wish the International Team at the Presidents Cup all the very best of South African golfing luck . . . Happy exercising . . .”



*This article is brought to you by
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