

The "Goose's"

10 best exercises for golf



The US Masters of 1939 was won with a score of 279;

Fifty five years later, the US Masters of 1994 was won with a score of 279;

The 1958 US PGA Championship was won on 276;

Thirty four years later, the same championship was won on 278.

So why, despite immeasurable scientific and technological advancement in both clubs and golf balls, did the average golf handicap not significantly reduce in the past 20 years?

In bygone years - prior to the last decade, golf was not considered to require much physical conditioning.

In fact, golf was considered to be more of an activity – like fishing or darts – than a sport.

How times and perspectives have changed as the sport science of golf is now proving to make the ultimate difference in reducing handicaps, lowering scores, improving or maintaining consistency and preventing injury.

Golf is now accepted as an athletic performance sport and as such requires appropriate training and conditioning.



The golfer is ultimately the machine that drives the club so there is no better way to improve your golf than by improving you, the golfer.

With the holiday season – and the much more time to play golf season - almost upon us, a double dose of golf fitness is brought to you in this issue...

The 'Sustained Push-up' strengthens your core stabilizers and improves your balance:

With your hands directly under your shoulders and placed flat on the floor, position your feet shoulder width apart and extend them behind you while you lock your knees tight.

As demonstrated by Goose, your spine angle should be straight, enabling the natural curvatures of the spine.

The buttocks should be at the same height as the shoulder blades which should be at the same height as the back of the head.

Hold this position for 20 – 30 secs and then alternate with the 'Downward Dog':

Placing your hands approximately a metre from your feet, push your buttocks and hips upward assuming a triangle-type pose.

Your hands should be flat on the floor and knees should be locked straight or kept as straight as possible.

Keeping your chin tucked in on your chest and your elbows straight, push with your arms to get your head as close to the ground as well as to your feet as possible.

Goose has excellent flexibility in his shoulders and thoracic spine and easily demonstrates this positioning.

Attempt to push your heels flat onto the floor although this should only be fully possible after doing this exercise for a number of weeks.

As with all stretches, hold this posture for 10 deep breaths.

The above two exercises should be alternated 3 - 4 times.

Enjoy . . . and happy golfing with lower scoring!



*This article is brought to you by
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