

The "Goose's"

10 best exercises for golf



**To all the golfing enthusiasts out there...
Compliments of the season and all the best for an
inspirational and healthy 2008!**

Many of you most likely enjoyed and relished in seeing many of the pro golfing greats of the world in person over this holiday season – with the inaugural Nedbank Challenge early in December followed by the Alfred Dunhill Championship, the SA Open and just last week, the JHB Open – we South Africans were treated to some world class golf.

We can really feel proud of 'our boys' as three out of these four events boast South African victories - Trevor Immelman, James Kingston and Richard Sterne. And we almost had four out of four in that dramatic finish at the Alfred Dunhill with The Big Easy and John Bickerton...

This just proves that South African golfers are right up there: gutsy, BMT, superior work ethic, and despite the fact that less than X of our nation plays golf, South Africa has produced some of the greatest golfers in the world. For the past X years, at least one South African has been amongst the top ten golfers in the world - certainly an incredible feat! The continuous sprouting of development golf programs including structured academies throughout the country will ensure that South Africa continues to produce world class golfers.

The Golden Goose himself is developing an Academy, Players Academies, affiliated with Irene Golf Club. April this year should see the first entrants into this spectacular facility.

In the pictures on the right, the Goose demonstrates an exercise that will develop endurance in your upper body and abdominals as well as promote overall kinaesthetic awareness and balance. This exercise can also be used as a continuation of Goose Golf exercise Number 5 and will assist you in driving the ball further and developing a more consistent repetitive swing.

Begin in a static press-up position with your hands



directly under your shoulders and your feet shoulder width apart. Your knees should be fully extended and your spine angle neutral. The height of the hips, buttocks, shoulder blades and back of the head should be the same.

Hold this position for 10 seconds after which time, rotate your entire body to the right (RHS) while maintaining the alignment of the spine – the entire body should be in a straight line from the middle of the feet to the top of the head.

Your head should be maximally rotated to the left so that your chin is in line with your left shoulder.

Once your balance becomes proficient, the left leg can be lifted off the ground from this position and suspended in the air directly above the right leg. This will dramatically increase the strength, balance and coordination demand of the exercise. Hold the position on the RHS for 10 seconds, and then rotate back to the neutral mid-line position. Once again, hold for 10 seconds in neutral and then repeat on the Left (LHS).

This entire sequence should be repeated 5-10 times. Remember to concentrate on your breathing throughout the exercise

As it is so often said:
"Whether you think you can or you think you can't, you will be right... So just do it"

Until next time...



*This article is brought to you by
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