

The "Goose's"

10 best exercises for golf



. . . and the **Goose is back** . . .

not only with his 7th Top Ten Best Exercise, but also with his game. A second place finish last month in Doral, Miami, USA saw Retief jump 10 places on the world ranking

– a hearty and well-deserved South African congratulations, **Goose!** Here's hoping this superb performance will be around for a while . . . maybe even to clinch a third major?!!!

May the Force be with you.

Strength, control and power output from functionally conditioned abdominal muscles are crucial in the rotation and de-rotation of the trunk from backswing to the accelerated action of the downswing.

Appropriate strength and conditioning of the abdominals as core stabilizers is essential to the maintenance of a constant spine angle throughout the swing.

The control of spine angle is one of the most significant biomechanical factors in producing an effective, consistent and repetitive swing pattern, ball strike and ultimate ball path.

In the picture opposite, Goose demonstrates a Reverse Abdominal Exercise.

In addition to enhanced core stability, this exercise further develops a golfer's capacity to control his posture at address through improved proprioceptive conditioning.

Proprioception is the awareness of one's body position in space – another essential component of swing control.

Lying on your back on the floor, place one hand on top of the other underneath your body, level with the base of your spine.

Lift your legs into the air until they are at right angles to your body. Your feet should be slightly in front of your hips i.e. closer to the top of the body. The knees should be slightly bent.

Cross your feet at the ankles.

This is the start position of the exercise – even holding this position for a few seconds requires strength and control.

Maintaining the angle of the legs to the torso, 'roll' the hips to lift the legs and move the feet toward the ceiling.

The legs should not be lifted too high thereby elevating the spine too far off the ground – Retief demonstrates the maximum amount of ‘hip roll and subsequent leg lift’.

During the ‘roll & lift action’ of the hips & legs, the feet should be kept in line with a single point on the ceiling.

Should the feet move forward and backward off the original point, the effectiveness of the exercise will be significantly reduced

After the ‘lift’, the hips should be lowered in a slow and controlled manner back to the ground.

This movement should be repeated 10 times with the right ankle crossed over the left: and 10 times with the left crossed over the right.

Your head should remain in contact with the ground throughout the exercise in order to prevent strain on your neck and upper back.

Improved proprioception and increased strength of the abdominal muscles will help you attain a more consistent swing pattern which should get that handicap lowered!

So get ‘rolling and lifting’ those hips . . . because “when love for the game and skill work together, expect a masterpiece.”

Happy Golfing

SA Golf Trader would like to apologise for a mistake that crept into The Goose’s 10 best exercises for golf # 6, two X,s were inserted where there should have been wording. 3% and 20 years should have appeared.



*This article is brought to you by
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