

The "Goose's"

10 best exercises for golf



By this stage, you have accumulated seven of the Goose's best exercises for golf fitness. Spending just 20-30 mins three or four times a week will go a long way to improving the consistency of your game and reducing your handicap.

Remember: your body is ultimately the machine that drives the club. The best thing for your game is a stronger and healthier you.

In this exercise, the Goose demonstrates an effective strength exercise for the integral rotational component of the spine – shoulder turn over a relatively fixed base.

During the golf swing, the shoulders rotate 90 degrees while the hips turn to a mere 45 degrees. This is referred to as the differential rotation of the spine which enables the body to store power at the top of the back swing. This stored energy is unleashed on the downswing to generate maximum power at impact. Training the spine to enhance this differential rotation factor will have an extremely positive effect on your game.

Sitting on a swiss-ball, ensure your hips are higher than your knees (this ensures the s-ball is the correct height for you).

Place a 'ring' of theraband just above your knees and place your feet on the ground shoulder width apart. The resistance of the theraband should be sufficient to require some strength to maintain the legs in the correct position. There should be a 90 degree angle between your upper and lower legs.

While sitting on the s-ball, ensure your spine is upright with the correct spine angles.

Now holding a 1-2kg weight, place your arms out in front of you at shoulder height. Keep your shoulders relaxed and ensure they are kept down and 'away from your ears'.

The weight should be rotated from the middle to the right where the position should be held for a count of 5.

The arms are then rotated back to the midline.

This rotation from the midline to the right should be repeated five times before beginning with the rotation exercise from the mid-line to the left.

The elbows must remain **fully extended or straight** throughout the exercise and the hands must be maintained at shoulder height – even at the point of maximal rotation.

As much rotation of the arms and upper body as possible should be achieved with each repetition in each direction in order to maximize the effectiveness of the exercise.

The lower body and hips should be maintained facing the mid-line and should be kept as strong and steady as possible.

The head should also face the front throughout the exercise.

The last point to remember is not to lean the trunk backwards or forwards from the neutral position of the spine during the rotation of the upper body.



So, until the next issue with the penultimate exercise from the Goose, good luck . . . happy exercising . . . and don't fall off the s-ball!

Until the penultimate



*This article is brought to you by
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