

The "Goose's"

10 best exercises for golf

No. 9

In the last edition, Goose demonstrated an upper body rotation strengthening exercise. In this 9th best exercise, the rotation capacity of the lower body is increased and strengthened using a Swiss ball and medicine ball.

Frequent repetition of this exercise will facilitate the all important differential rotation of the spine during the swing. Strength in the hips and lower back is also vitally important in initiation and control of the downswing.



Lying on your back with your hips and knees at a 90 degree angle, place both your feet onto a Swiss-ball. A 2-3kg medicine-ball should be held between your knees. A piece of theraband of medium resistance should be extended between both arms which are held at a 90 degree angle out to the side of your body.

Your head should remain in a neutral position as well as in contact with the ground during the entire exercise.

The repetition to the R and L required for this exercise involves using the strength and flexibility of the lower body and legs to slowly roll the Swiss-ball toward each side. The exercise should be repeated 5-10X toward one side before switching to the opposite side.

The 90 degree angle of the hips and knees created at the start should be maintained during the repetitions.

Both strength and skill are required to this end.

A consistent physical conditioning program as partly demonstrated by the Goose over the last nine exercises, requires appropriate

nutritional support. Ensure that you discuss the detailed requirements of such a nutritional program with your dietician or suitably trained and experienced golf fitness consultant.

Remember that your blood sugar levels should be kept constant throughout your round to ensure the maintenance of your mental focus and concentration. This will require appropriate consideration of both what you eat and drink four hours before your round as well as during your round. Your golf fitness consultant can discuss this with you in more detail.

So, until the next edition which will feature the last of the goose's ten best exercises for golf . . . happy golfing with those slowly decreasing scores!!

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