

Balancing Act!

IMPROVING YOUR GOLF GAME

A study, from Austin State University in Texas, included nine “young” male golfers who participated in two supervised pre-physical activity protocols on separate days. An active, dynamic warm-up using golf clubs, and a 20-minute full-body passive stretching protocol in combination with the same dynamic warm-up. Then they performed three full-swing shots using a driver where club speed, distance, accuracy and consistent ball contact was measured.

The golfers’ performance was actually better when they did not include the stretching protocols. When stretching was added to the warm-up, there was a 5% lower club head swing, 7% shorter distance and 60% less accuracy.

Here are some dynamic warm-up moves that you can try:

Reverse Chops: Start in an “address position” with feet hip width apart, knees soft, hips flexed, arms straight and hands gently clasped together in front of you. Raise hands up and across your body until they are above your right shoulder. Return hands to start position and repeat on the left side. Complete 15 repetitions.



Lunge with Torso Twist: Lunge forward with arms out in front of you at shoulder height. Rotate your torso, shoulders and head to the right, keeping knees in a neutral/non-rotated position. Return to starting position and repeat to the left. Complete 10-12 repetitions.

Arm Raises: Start in an “address position” with feet hip width apart, knees soft, and hips flexed, arms straight and palms facing each other in front of you. Raise your right arm to shoulder height without shrugging the shoulder. Return to starting position and repeat with the left arm. Keep movement at a controlled speed. Complete 15 repetitions.

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