



COMPONENTS OF A GOLF CONDITIONING PROGRAM



Golf is a very dynamic activity requiring the involvement of muscles from every part of our bodies. Some of the muscles involved in the golf swing are:

- Quadriceps
- Hamstrings
- Abductors & Adductors
- Oblique (sides of waist)
- Deltoids (shoulders)
- Rotator Cuff
- Low Back (erector muscles)
- Upper Back (lats, rhomboids, trapezius)
- Chest (pectoral)
- Triceps
- Biceps
- Forearm

The components of a golf-conditioning program include stretching, resistance training and aerobic conditioning.

Stretching is very important to maintain flexibility throughout the muscular system. Muscles imbalances are the prime suspects in faulty golf swings. Inflexible muscles prevent the body from moving through its full range of motion – this impacts all aspects of your golf game. Stretching exercises should be done daily; after each exercise session and always before starting your golf game. Each round of golf should be preceded by an overall warm up followed by light stretching to prepare your muscles for the task soon to be asked of them.

Important components usually ignored in exercise programs are:

- Spine stabilization
- Balance training
- Postural exercises

Spine stabilization involves strengthening muscles such as transverse abdominis, quadratus lumborum, obliques, and multifidus. Key muscles that assist in spine stabilization are: latissimus dorsi, gluteal and thigh muscles.

Balance training is also important to improve muscle strength and coordination, facilitate the golfer achieving a consistent reproducible golf swing.

Postural exercises as with balance training are important to improve muscle strength and coordination.



