

Become a Better Golfer Now!

Top Golf Conditioning Expert Mike Pedersen offers Sound Advice to Improve Your Game...and You can get started Right Now!

Improve Your Golf Swing Quickly!

Here's a fast...easy..."no-brainer" way to improve your golf swing...add a quick 10-20 yards with every club...and the best part...you can do it in your home...in less than 30 minutes.

I have been approached by thousands of golfers via the net and on the golf course...with the same question...in frustration..."what can I do to improve my golf swing?"

I've heard all about the dozens of lessons they've taken and the thousands of dollars they've spent on equipment...all to play the "same"...and NOT improve their golf swing. Why do you think this?

I can tell you why in less than one sentence.

IT'S YOUR BODY!

Grab a cup of your favorite beverage (mine's good 'ol java)...sit in your most comfortable chair...and hear me out.

To hit a golf ball...what takes place? Let's briefly go over it. Now stay with me on this...it's going to make sense in a minute.

Get ready for that "ah-ha" moment.

Here goes:

You physically grab the club with your hands.

You physically bend over and get in your address position.

You physically take the club back, hoping for a full backswing.

You physically attempt to return the club back to impact with stored energy.

You physically try to stay in your golf posture until the end of your swing.

O.K., that's enough.

Do you see where I'm going with this?

Why is this important to know, and how you can use it to quickly improve your golf swing?

The answer is simple: Because of all these common references given above are the result of your body's ability to accomplish these golf swing movements, with proper swing mechanics.

If you have "physical" restrictions (which the average golfer...especially as we age...has many) that won't allow you to perform these optimal golf swing mechanics, you have a minimal (if not "any") chance to optimize your golf potential.

That's the bad news!

The good news is you don't have to settle.. you have the control to fix your faults..that is...if you "know" what they are.

Here's what I mean.

For starters...if you have a restriction in your hamstring flexibility, you won't be able to get into proper golf posture...and for sure...not maintain it for 18 holes.

The result is many mis-hits because of fatigue and your body's fear of pain. At the end of the round, you end up with a sore back..and wonder if you should cancel that next round of golf.

Here's another one.

If your legs are weak...you will have no stability in your golf swing. Your legs will be moving (sliding) side to side...and straightening, when they should stay flexed.

The result again is...inconsistency...lack of power...and a predisposition to chronic injuries, due to compensations your body will make...keeping you "off the course" for long periods of time.

This is why I am a golf fitness professional.

I have passion for the game...and a goal to educate as many golfers as humanly possible...to stop the frustration and improve your golf swing quickly.

Exercises For Golfers Pay Huge Dividends

Exercises for golfers may seem like an oxymoron, but I'm here to tell they are most definitely not. Golf is physical! Golf causes injury! Golf can very easily break down the body! To hit the ball the maximum distance, your body has to have a higher level of golf specific strength and flexibility.

The above statements are fact.

To play your best golf you need to implement exercises for golfers as soon as possible.

The sooner you start, the sooner you will see results on the course.

So what's the difference between going to the gym and plopping down on machines and doing exercises for golfers?

First off, do you sit when you play golf?

Then why would you sit in a "controlled" machine thinking it will improve your golf?

Golf is "on your feet" and in a dynamic position (golf posture).

Because the demands for golf are so unique, you need to approach your golf improvement from a different angle than just going into a gym and thinking it will help your golf game.

Exercise for golfers doesn't just mean strength exercises. You've got to do golf stretching exercises as well.

Whenever I hear a golfer say he/she needs to stretch more, my first thought is "they are missing the boat." Golf stretching without golf exercise is not permanent flexibility.

Here is an example for you.

Stretch a rubber band. Now stretch it more and more. What happens to the rubber band? It gets brittle and eventually breaks.

Picture your muscles just like that rubber band.

The winning combination is golf exercise and golf stretching. This will give you the best results.

When putting together your exercises for golfers program, take a look at the body position required to make a mechanically sound swing.

Once you realize this dynamic and very unique position, you can do golf exercises specific to this position.

Things to remember:

Do the majority of your golf exercises on your feet.

Do them in your golf posture if at all possible.

Keep your knees flexed, just like your golf swing.

Do as many rotational exercises as possible.

Make sure to do the follow through side of the swing.

Do a high enough repetition to promote golf muscular endurance.
Exercise for golfers can be fun and keep you motivated to stick with your program. Adherence is the main culprit for lack of results. Like any fitness or weight loss program, if you don't do it consistently you won't see the results.
Staying motivated by picturing the "end-result" on the course will be a huge help. Envision yourself on that first tee a more powerful and fit golfer. Picture blasting your drives by all your playing partners. And lastly, paint a strong visual of you having the lowest score consistently when you play in your normal golf groups.
I hope you now have a better understanding of exercises for golfers.

About the Author: Mike Pedersen is one of the top golf conditioning experts in the country, author of the Ultimate Golf Fitness Guide, and founder of several online golf fitness sites. Check out his new golf products to improve your golf swing. Visit his website at: www.ultimategolffitnessguide.com

Golf Course Facts —

- The World's Longest Golf Course is the International Golf Club in Massachusetts, a long par 77, 8325-yards, from the tiger tees.
- The World's Highest Golf Course is the Tactu Golf Club in Morococha, Peru, which sits 14,335 feet above sea level at its lowest point.
- The Longest Hole in the World is the 7th hole (par 7) of the Sano Course at the Satsuki Golf Club in Japan. It measures a long 909 yards.
- The World's Largest Green is that of the 695-yard, 5th hole, a par 6 at the International Golf Club in Massachusetts, with an area in excess of 28,000 square feet