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PRIME YOUR STABILIZERS >> TO PREVENT INJURY <<

& Develop A More Explosive Golf Swing



GFM Advisory Team Member
DAVE HERMAN

Golf Fitness Magazine recently joined Trevor Immelman and I during a workout session. We talked about and demonstrated a few of the exercises we use to strengthen the stabilizer muscles. Stabilizer muscles are the muscles which protect and provide muscle and joint balance to areas such as the rotator cuff, spine and hips which are all extremely important in the golf swing. Strengthening and stretching these sometimes overlooked muscles will help to develop swing power and will increase your efficiency of movement in any activity. That also helps provide a stable framework to creating a more consistent swing and can increase your ability to practice longer and decrease the chance of injury. "The shoulder and rotator cuff take a lot of stress and you must be sure to keep those muscles primed to prevent injuries. In addition to the shoulder area, the most important part, the lumbar area, is prone to injuries, most occurring from weak and tight hip and glute muscles," explains Immelman.

The following exercises are ones in which Trevor and I do at least twice per week. We do the hip stabilizing exercises on lower body days and the shoulder stabilizing exercises on upper body days. We do all of them on a lighter stabilization day. We picked a couple of different ones you might not have seen. There are many more shoulder and hip strengthening stabilizing exercises not shown in this article. Ideally, you should do a 5 to 10 minute cardio warm up before performing any resistance training exercises. In addition to strengthening these muscles, it is important to stretch them regularly. Stretching exercises are a must before and after performing these strengthening exercises and play an important part in muscle speed, muscle elasticity and joint flexibility.

Dave Herman is a Professional Sports Performance Coach, Founder of the Athleticity™ training program, co-author of Ernie Els Guide to Golf Fitness, and GFM Advisory Team Member. Dave trains many professional and junior athletes in Orlando, Florida. www.athleticity.com.

The exercise bands (seen on my left shoulder) were provided by G2 Fitness. The colored small fitness loop bands (in Trevor's hand) were provided by Exertools. Fitness loop bands come in five different tensions (start with green and advance to blue for lower body exercises and red and yellow bands for upper body exercises)



MONSTER WALK

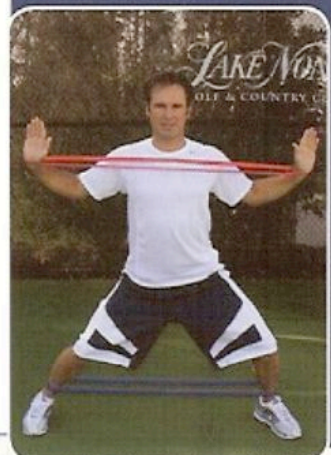
This exercise strengthens the hip flexors, quadriceps, glutes and core muscles. You can also perform this exercise in a reverse fashion by stepping backwards using the same form.

Start in a good athletic position with the fitness loop band around ankles and stretched slightly beyond shoulder width. Take giant steps while maintaining your balance and by striding your arms in synchronicity with your steps. This drill is an excellent warm-up and strengthening drill used to develop hip strength and stability. Perform 1-2 sets of 10-20 steps. (note: keep core engaged throughout movement)

HIPS



SIDEWALK SHUFFLE



This is a great exercise that strengthens the deep rotators of the hip which are used in hip rotation during the golf swing.

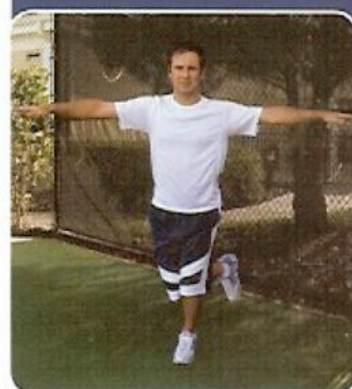
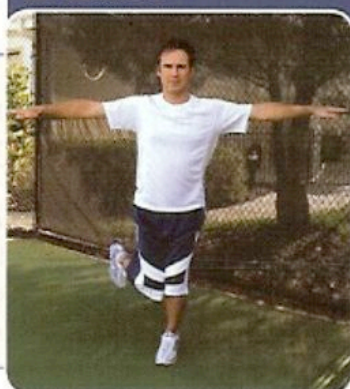
Start standing on one leg in balance. Loop an ultra mini band around a pole and your opposite ankle. Externally rotate your hip outwards to strengthen those tough to get at deep hip rotators. Perform 1-2 sets of 10-15 repetitions.

WITH REAR DELTOID FLIES

This is an excellent movement exercise to increase strength and stamina in the hips, glutes and scapular stabilization muscles which will assist in creating a stable foundation for reproducing a more consistent golf swing.

Start in a good athletic position with the fitness loop bands positioned around the ankles and a second lighter fitness loop band around the wrists. Take a large step laterally followed by a small step back to starting position. As you take the large step open arms in a rear deltoid fly while concentrating on squeezing your shoulder blades together. Perform 1-2 sets of 10-20 steps. (note: again keeping core engaged throughout movement)

STANDING SINGLE LEG HIP ROTATION



SHOULDERS



STRAIGHT ARM LAT PULL DOWN

These next series of photos show Trevor as he uses a G2Fitness ultra mini band to strengthen the latissimus dorsi and posterior (rear) deltoid muscles of the upper back and shoulder.

The Latissimus muscle is very active throughout the golf swing. It rotates and extends the shoulder, while generating power through impact.

Loop a band around a pole slight higher than head level. Reach out and perform a straight arm pulldown focusing on squeezing the the Lats which are located under the shoulder. Perform 1-2 sets of 15-20 reps. (note: always keep core engaged throughout exercise)

REAR DELTOID FLY

Another excellent exercise to increase posterior deltoid strength and scapular stabilization. This exercise again helps in the prevention of injury and develops the stabilization of the upper thoracic area of your spine. Well conditioned muscles here helps create a better postural set-up in your golf swing.

With a band looped around a pole kneel on both knees balancing with your opposite arm. Grab the band and perform reverse deltoid fly focusing on squeezing the back of the shoulder and scapula together. Perform 1-2 sets of 15-20 reps.



ADVANCED REAR DELTOID FLY

This advanced exercise requires a lot of core and upper thoracic strength to hold the position. From a straight arm pillared position with core engaged while balancing on balls of feet and one arm. Perform a rear deltoid fly 1-2 sets of 10 - 15 repetitions. (note: work both shoulders evenly)



All of the muscles being strengthened with these exercises play an important role in developing a more consistent postural set-up and explosive golf swing.

