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SUZANN PETTERSEN



HER ROUTINE TO PERFORMANCE PERFECTION

By Kristi Karst Gomen with Dave Herman

It is exciting to see the editorial vision of Golf Fitness Magazine unfold in the lives of our LPGA and PGA professionals within today's competitive golf world. The vision of total game improvement through body, mind and spirit is what unfolds in the pages of each issue of this magazine. However, watching a player apply this to their career, and watching as the results appear on the leaderboard, at times can be exhilarating, not only to the players, but to their instructors, trainers and those who truly know the benefits of golf-specific fitness.

Take Suzann Pettersen for example. We at Golf Fitness Magazine have had the thrill of watching her over the last several months improve her body, mind and spirit with a complete "fitness" make-over; one that concentrates on the mental as well as the physical side of her game, ultimately perfecting her performance, preventing injury and creating longevity in her career.

When we first met with Suzann, she was with one of our Golf Fitness Magazine Advisory Team members, Lynn Teachworth, who is nationally and internationally recognized as one of the leaders in Structural Integration Neuromuscular Therapy. Lynn's forte is in blending all styles of different muscle energy techniques incorporating Body Talk*, Reiki, Acupuncture and massage in an effort to get the body and all of its systems working in perfect harmony. Suzann has been working with Lynn for over three years now, and has found that the Structural Integration techniques Lynn has used with her have enabled her to be in "total control of her body."

Suzann has long suffered from lower back problems, but when incorporating sports-specific massage and the holistic system of soft tissue manipulation to her body, she feels that it has given her the opportunity to "be in control of her pain, and not let the pain control her."

SO JUST WHAT IS STRUCTURAL INTEGRATION, & HOW DOES IT APPLY TO TOTAL GOLF-SPECIFIC FITNESS?

Formally referred to as Rolfing Structural Integration, the technique was discovered more than 50 years ago when Dr. Ida P. Rolf realized that she could make remarkable changes in posture and structure by manipulating the body's myofascial system (the soft tissue or area located between the skin and the underlying structure of muscle and bone). It is a connective tissue that covers and connects the muscles, organs and skeletal structures in the body. Muscle and fascia are united, forming the myofascia system.

This form of manipulation has the ability to dramatically alter a person's posture and structure. Athletes, especially golfers, have benefited tremendously from this pain and stress relief. In Suzann's case, this treatment has created a more efficient use of the muscles her body needs to allow her to conserve energy (less fatigue on the course), while at the same time creating a more refined and relaxed movement in her swing.

"Working with Lynn and keeping massage and other holistic therapies in my routine, I feel that I have more awareness about my body, and am more connected—I am in total control of my body, and this truly helps me on and off the course," explains Suzann. "I have always been extremely interested in the body, and if I were not a golfer, I would have been a physical therapist. So, to me, this type of therapy not only makes sense, it is a natural."

Another benefit of golf-specific massage incorporated with Structural Integration is the way it increases the range of motion, and improves total body balance, which is vital for any golfer.

Lynn showed us different ways in which he applies pressure to certain parts of Suzann's body with manual massage techniques that stretch out the fascia and restores tissues to optimum health, creating a synergy between muscles, tissue and bones.



PHOTOS BY JAVOYATON

6 SUZANN'S WORKOUT MOVES TO ULTIMATE GOLF PERFORMANCE

Another vital component of Suzann's total performance routine is her daily work-out with her fitness trainer, Dave Herman. Dave has an extensive background in sport-specific performance programs and has personally created specific programs that have helped lead several PGA and LPGA players to victory, including most recently 2008 Masters Champion Trevor Immelman. Recently, Dave has transformed Suzann's routine into one comprised of cardio (running/biking), daily band workouts, stretching routines, medicine ball work and core strengthening. Bands are an integral piece to Suzann's conditioning program, especially on the road. Bands are light-weight and do not take up much space in luggage and can be used in hotel rooms. Stretching and strengthening with bands creates more flexibility, less bulk and less stress on joints and ligaments. Training with bands has been around for many years. Bands like the ones used by Suzann can be purchased at sporting good stores or on-line.

The following are excellent exercises that can be used to warm-up and wake-up your muscles before a round of golf or simply to maintain your physical condition while on the road traveling or at home before you play. Suzann generally performs 1 - 2 sets of 8 - 10 repetitions for warming up and 2- 3 sets of 12 - 20 repetitions for strengthening.

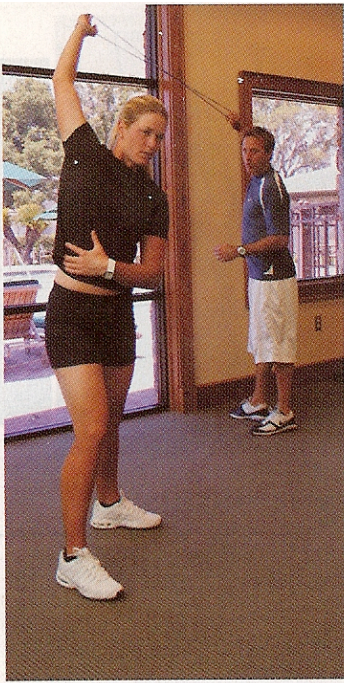
CAREER HIGHLIGHTS

- Rookie of the Year 2003
- Majors won: 1
- Turned Pro in 2000
- Winner of the 2000 World Amateur Championship and the British Girls Chamionship in 1999.
- Career-low round :61
- Career victories: 5—including Rolex First-Time Winner at the 2007 Michelob ULTRA Open at Kingsmill after overcoming a four-stroke, 54-hole deficit to defeat Jee Young Lee in a three-hole, sudden-death playoff.
- Started playing golf at the age of 6.



TOTAL SHOULDER

To begin this exercise Suzann uses a tiny band to warm-up and stretch her shoulders and upper back. This exercise can also be used to strengthen the shoulder as well as to measure her range of motion while checking for any impingements or soreness that might have occurred the day before.

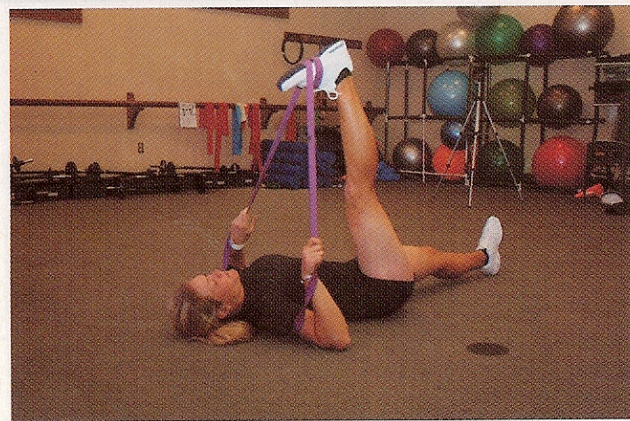
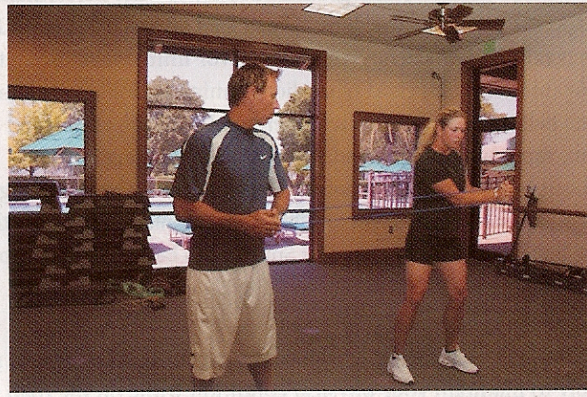
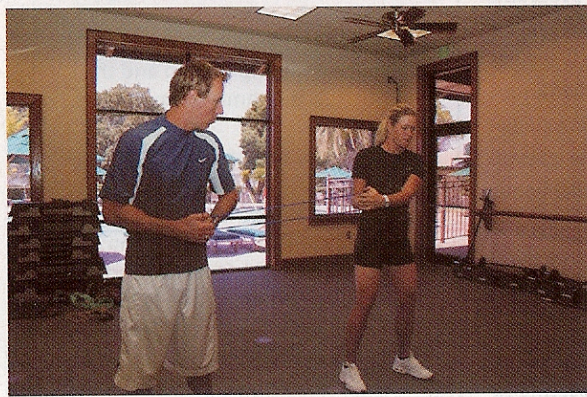


UPPER BODY STRETCHING

Here Suzann uses a tiny band to stretch her chest, shoulders and lats. Keeping the shoulders, chest and lats elastic and free will help decrease the chance of injury and will help to increase speed and stability.

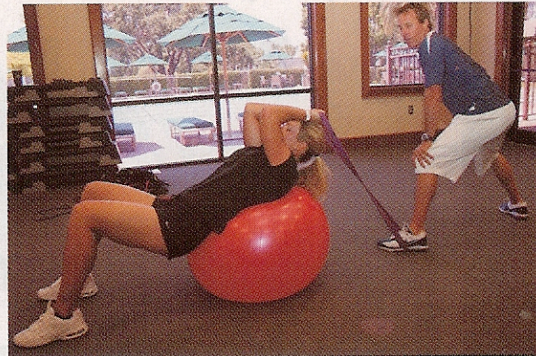
ROTATIONAL CORE

Dave is holding a small band while Suzann performs a rotational core movement to warm-up and fire-up the muscles mimicking the moves used in the golf swing. This is an excellent exercise used to engage the core and loosen up her lower back. These types of warm-up exercises are so important at tournaments so Suzann is warmed up and ready to go when she hits the range.



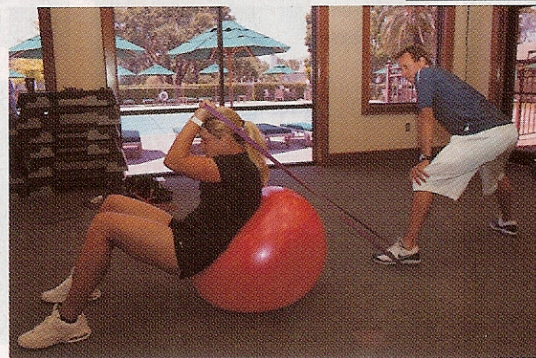
HAMSTRING STRETCH

This is an excellent strengthening and stretching exercise for the hamstrings and glutes. Keeping these muscles loose and flexible are very important in maintaining a healthy back and are also great for active recovery after a tough workout or long day on the course.



ABDOMINAL CRUNCH

Here Suzann braces her torso against a stability ball focusing on keeping her lower back engaged on the ball. Using a band during this core movement adds an enormous amount of stress to the exercise strengthening both the lower and upper abdominals. Maintaining and developing a strong explosive core not only protects the back but also creates stability and speed in the golf set-up and swing.



REVERSE ROTATIONAL CORE

This is another excellent exercise to warm-up and fire up the core in an opposite direction of rotational core above. This specific exercise is really good for strengthening the lower back rotational muscles.



BICEP CURLS

Here Suzann is performing a simple bicep curls using a small band. Having balanced muscles in the biceps and triceps are key in maintaining an overall athletic body. This exercise is also great at preventing an injury from the stress of hitting out of the rough which can cause injury to the elbow or wrist.

TRICEP EXTENSIONS

This is another excellent exercise to warm-up and strengthen the triceps. Strengthening and developing speed in the triceps are important to creating more speed and explosion throughout the golf swing. They are also very important in maintaining a strong healthy shoulder, elbow and wrist.



BAND SQUATS

Suzann uses a medium band to perform leg squats. This is a safe and effective exercise used primarily when traveling on the road to keep the legs strong and explosive. A strong and explosive lower body is a major factor in a consistent and powerful swing.

Photos taken at Bay Hill Country Club and Lodge