

Fitness
By Chris Stec

General Warm-up

The first component of any strength training routine is to perform a general warm-up. This step serves to lubricate stiff joints and tendons, raises body temperature and increases blood flow to the muscles you'll be using. Walk briskly on the treadmill or use one of the bikes for 5-10 minutes before beginning any of these exercises

Seated Resistance Rotations

Resisted rotations while seated are a good exercise for several reasons. First, sitting fixes the hips so that all the motion comes from the spine. Golfers over 50 usually have poor and declining spinal motion which can cause golfers to “come over the top” of the ball and it drastically reduces power. Second, you will be addressing both flexibility and strength in the same exercise.

Setup: You will need a chair or bench for this exercise. The exercise band should be anchored at chest height. Sit with your right side (if you're right handed) facing the anchor point. Sit far enough away that your arms are straight at rest as shown in the first picture. Golf Action: Keeping your arms relatively straight, rotate your arms and torso away from the anchor in a wide arch. Perform 1-3 sets of 10-15 repetitions. Keys to Success: Focus on torso rotation instead of using your arms.



Back Step Lunge

Here at Wolf Laurel the terrain is rarely flat. Having strong legs gives golfers a better foundation and it can improve balance on those hilly lies. This exercise will help to strengthen the quads and glutes, which support us at the top of the backswing. For this exercise use two dumbbells. Start with light weights (5 lbs). Slowly step back trying to touch your knee to the ground. Your front leg should be perpendicular to the ground. Return to a standing position and then step back with the other leg. Perform 1-3 sets of 10-15 repetitions. Keys to Success: Always try to

maintain good posture. Keep your head up. Eyes should be looking forward and not at the ground.



Smash Ball

This exercise emphasizes the move at the top of the backswing in which we want the hands and arms to come down and not over the top. Start by raising the ball straight overhead, rotate to the side, breathe and slam it down. Perform 5-10 on each side.



Kettlebell Squat

The kettlebell squat is one of the most challenging exercises you can perform. The squat works your large leg muscles, which are among the most important in the golf swing, especially here at Wolf Laurel. To perform the kettlebell squat, stand in front of a chair or bench, hold a kettlebell with two hands in front of you. Squat down

until your legs are bent at approximately 90-degree angle, barely touch the chair or bench (don't sit down) then straighten up until you are standing tall. Perform 1-3 sets of 10-15 repetitions.



Medicine Ball Back Swing

When beginning their backswing, many golfers sway or move laterally instead of rotating around their back leg. This exercise will emphasize rotation. Begin with your golf stance, holding the medicine ball in front of you. Step back slightly with your front foot (left foot if you're right handed). Simply rotate to your right and then back to your original position. By stepping slightly back with the front foot, this will make swaying much more difficult.



Wrist Curls

Golfer's elbow is a condition that causes pain where the tendons of your forearm muscles attach to the bony bump on the inside of your elbow. The pain might spread into your forearm and wrist.

Golfer's elbow is similar to tennis elbow, which occurs on the outside of the elbow. It's not limited to golfers. Tennis players and others who repeatedly use their wrists can develop golfer's elbow.

To prevent golfers elbow and to strengthen the wrist, hands and forearms, wrist curls are an excellent exercise. Perform a wrist curl from a seated position with your knees bent at right angles and your feet flat on the floor. Hold a dumbbell in one hand with your palm up and place your forearm on your thigh. Position your wrist just past your kneecap so it can move freely. Lower the dumbbell slowly and let it slide as far onto your four fingers as possible without dropping the weight. Bring the dumbbell back into your palm as you flex your wrist and raise the weight as high as you can. Do the reverse wrist curl, or wrist extension exercise, from the same position, but begin with your palm facing the floor. Lower the dumbbell without rolling it down onto your fingers then raise it as high as possible. Your wrist and hand should be the only moving parts in both exercises.



For the best results, do these exercises 3-4 times per week. You will begin to notice a difference in a few weeks.

Sources:

Mayo Clinic-Golfers Elbow

Golf Channel-Fitness Exercise for Golfers

The Arizona Republic-Strength Training for Senior Golfers

Revolution Golf-Golf Fitness Over 50