

Fairway Fitness

Dan Greaves, AFPA Certified Personal Trainer

It's a new year and we are back again with more game improvement exercises to help lower your scores. These exercises help to increase your swing strength and stability. Performing these types of exercises in the off season help to prepare your body for the upcoming demands that the golf swing takes of the body. Most importantly adding these exercises to your weekly regimen not only help to maintain or improve your current core strength and flexibility, but decrease the chance of an early season muscle injury that could limit your play time early in the golf season.



Seated lateral twist: Start seated with hands extended out in front of your body, with your knees flexed and legs slightly apart. Slowly lean back until you feel a slight tightening of the abdominal muscles (1a). Begin your twist with a lateral movement to your left side making a full shoulder turn (1b). Finish the lateral twist to your right side with a full shoulder turn to the right (1c). Perform 2 to 3 sets with 10 to 15 repetitions, using controlled movements.



Superman extensions: From a face down position, begin with your elbows and forearms raised off the floor pulling your scapulas together (2a). Keeping you hands and arms from touching the floor extend your arms straight above your head until you feel a stretch through your back and sides (2b). Finish by bringing your elbows back down to the sides still keeping your hands and arms off the floor (2c). Perform 2 to 3 sets with 10 to 15 repetitions, using controlled movements.

Dan Greaves, AFPA Certified Personal Trainer through Mark's Functional Fitness, located in Easton's Talbot Town, (410)770-9109. For more information on these and other golf specific exercises, or if you are interested in a golf specific conditioning program please feel free to contact me at dgreaves@eastonclub.com.