

Fairway Fitness

Dan Greaves, AFPA Certified Personal Trainer

Here we are again with another installment of game improvement exercises. As with the prior exercises, the main target is to strengthen the core muscles of the body and protect from overuse injuries that the golf swing may cause through the season. To ensure a stronger more reliable swing that will keep you playing for many years to come. With these and any other exercise, it is especially important to pay very close attention to and proper breathing and form.



Hip & Knee extension: Begin by positioning yourself on your hands and knees on the floor. While keeping your body braced, slowly bring your knee forward under your chest (*1a*). Now slowly extend your leg straight back while keeping your abdominal muscles taught and maintaining your balance (*1b*), Finish by returning your knee forward and repeat, performing 2 to 3 sets with 10 to 15 repetitions with each side.



Prone ball pushup: Begin by rolling out on an exercise ball till the ball reaches your thighs, support your upper body in a push up position (*2a*). Begin to lower your chest toward the floor while keeping your abdominals firm (*2b*). Slowly push yourself back to your starting position. Perform 2 to 3 sets with 10 to 15 repetitions. *Note:* Starting with the ball closer to your navel may be easier for those just starting out, increase the distance from the navel as this exercise becomes easier.

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