

4 Golf Strengthening Exercises

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Golf and exercise may not sound the same, but they make for a great combination. Maintaining proper fitness can play a key role in improving one's game. Remember, there are 18 holes to the game of golf and endurance is important for anyone who wishes to take their last swing as well as their first.

If you want to play the game of golf at your peak performance, then here are some wonderful tips on how to improve your game with golf strengthening exercises.

1. Dumb bell exercises

This is a simple yet effective golf exercise that can notably improve your ability to swing. It will improve your balance and correct any unwanted mistakes related to your ability to control your muscles while you swing the golf club.

Balance is very important in golf and the proper coordination of your body's muscles as well as your stance, will greatly help you deliver a proper swing. You will also strengthen your lower back, thereby helping to maintain a reliable stance throughout your golf swing.

2. Fast walking or Jogging

Here we want to increase our cardiovascular and respiratory systems. Getting outside and fast walking at a steady pace will do wonders for your personal life and your golf game. Start off with a simple yet brisk pace and gradually increase both the distance and speed over time.

3. Biceps and shoulder stretching exercises

The biceps and shoulder muscles should be stretched. It will help relieve minor, but annoying shoulder and hand pains. This is a common complaint among golfers. So if you incorporate this simple exercise into your exercise routine, then you can be certain your game will improve as a result.

4. Upper and lower back stretching exercises

Here you want to stretch the muscle in the back part of your body from head to toe. Simply stand up straight and touch your toes. You may feel free to bend your knees when you first try this if you feel a burning feeling in the back of your legs. There are many websites with information on how to properly do the exercises suggested here. It is important that you choose a routine that works for you and to go at a speed that is comfortable for you. After all, you can't improve your game if you are injured from exercise!

With the upper and lower back stretching exercises, your muscles will relax and may help prevent involuntary spasms, which can bring about excruciating pain of the lower back.

These tips on improving your game with golf strengthening exercises can absolutely help you bounced back into making beautiful swinging shots. However, these golf exercises must be performed easily and gently, without jerking, bouncing, or sudden movements to avoid further muscle strain.