

Kick Start your Golf with these 3 Exercises

Strength and stability in the legs and trunk is essential to better golf performance, try these three exercises to get you going.

Squats are great for overall lower body development, one of my favourites for golf is the *Jefferson Squat*.

- Place a dumbbell on the floor (end up) and one foot either side so it is between your feet and beneath you.
- Slowly lower down to lift the dumbbell keeping back firm and head slightly up, eyes ahead.
- Driving with the legs, lift the dumbbell, pushing hips forward and drawing the shoulders back at top of movement.
- Lower carefully back to the floor and repeat for the selected number of reps.

Golfers should spend time working to improve the function of their low back and abdominal musculature. Two great exercises for developing these areas are the *Romanian Deadlift* and the *Reverse Trunk Twist*.

Romanian Deadlift

- Stand upright and hold a light medicine ball in your hands. Place your feet about hip width apart.
- Keep your knees slightly bent and your back tight as you lower the ball toward the floor. Keep the ball close to your legs and push the hips back.
- Lower to about mid-shin level keeping the back flat and eyes and head up (you may feel a stretch in your hamstrings).
- Pause briefly and then return to the starting position by raising the shoulders.

Reverse Trunk Twist

- Lay on your back with arms out to the side making a T shape. Place your legs on a stability ball, calf muscles resting on top with your knees bent to 90°.
- Keeping the knees at 90° and your legs on the ball slowly rotate the ball to one side and lower the legs to the floor. Bring the legs back to the start position and repeat on the opposite side. Make sure both shoulders stay in contact with the floor. Repeat for the required number of repetitions

If you are interested in using these exercises, before you begin seek out a qualified fitness trainer to ensure they are appropriate for you to use and ask them to help you master the correct technique. To maximise their benefit it is essential that you first learn how to use them safely.