

5 Exercises that SHOULD be in your Golf Training Programme

There are literally thousands of exercises that are used in conditioning programmes and training facilities across the globe and I feel certain you have asked yourself on more than one occasion what are the best exercises for golf?

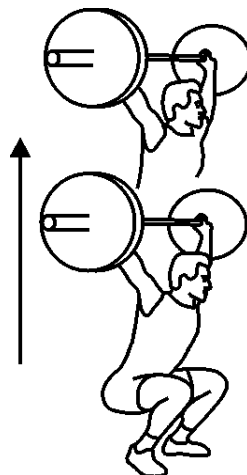
The only answer to that question is it depends...it depends on the individual; their health and injury history, their experience, their age, their goals etc. and what stage of training they are at.

Having said that, there are definitely key movements that should consistently appear in your training sessions, foundations of your golf fitness, exercises that will significantly improve your functional potential. So, if you could only use 5 exercises what would they be?

Listed below are my 5 Exercises that SHOULD appear in your golf training programme.

Strength and stability in the legs and trunk is essential to better golf performance and all golfers understand the need to work on the function of their low back and abdominal musculature to achieve improved performance. For this nothing beats structural lifts like Squats and Deadlifts.

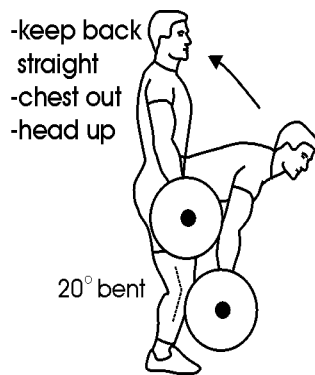
Squats are great for overall development, there are many variations that you can use but one of my favourites for golf and **Exercise 1** is the **Overhead Squat** (*figure 1*)



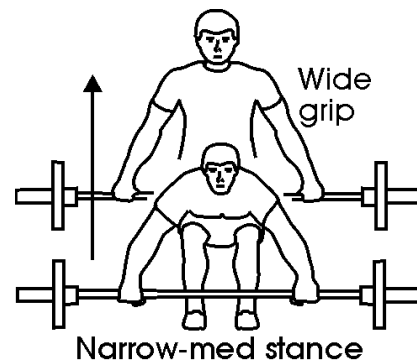
(Figure 1)

Some of you may have seen a version of this movement within Gray Cook's Functional Movement Screen an assessment tool often used with golfers. You can use this movement to develop flexibility, stability and strength.

What you can lift off the floor is going to say a lot about your overall strength. Deadlifts requires transmission and management of force throughout the body and develop lower limbs, trunk and shoulder girdle. Of the many variations of this killer exercise, two I love are **Exercises 2 & 3, Romanian Deadlifts (figure 2) and Snatch grip Deadlifts (figure 3).**

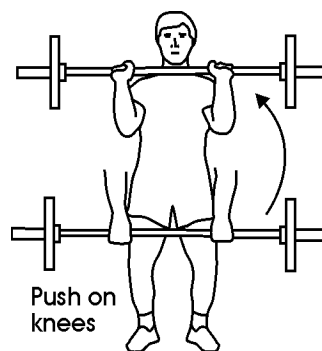


(figure 2)



(figure 3)

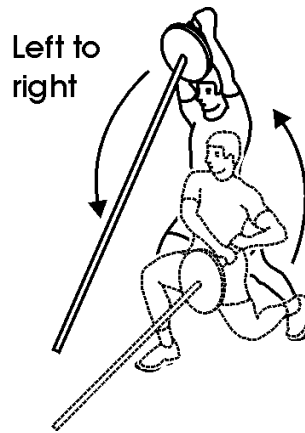
Exercise 4 is another fantastic whole body movement. The clean is predominantly used to develop explosive ability or power. Again several variations exist, my favourites for the golfer are the *power clean* and the *hang clean*. (figure 4)



(figure 4)

Many golf conditioning programmes include movements to improve rotational ability. Although this can be a useful objective with most golfers, I recommend you avoid too much emphasis on rotational training with professionals based on

overuse concerns. A fantastic whole body integrated rotational movement and **Exercise 5** is colloquially referred to as *landmines* (figure 5)



(figure 5)

Infinite variations and combinations exist to work with these exercises and you can manipulate variables such as sets, reps, rest periods, speed of movement and order of exercises etc...to suit your needs. Your ultimate choice will be determined by your objectives.

So, there they are my 5 exercises that should consistently appear in your golf fitness training. If you are interested in using these exercises, before you begin, seek out a qualified fitness trainer, firstly to ensure they are appropriate for you, and secondly to help you master the correct technique. To maximise their benefit it is essential that you first learn how to use them safely. Look for a trainer who is CSCS certified or trained in the Olympic lifts.

Train on!

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