



**MOST GOLFERS** are searching for the ultimate consistent golf swing – and for this you need strength, control, mobility and flexibility.

These exercises and stretches will benefit all those elements. Some them require a resistance band, which is a great piece of equipment for golfers.

Before starting each move or stretch, gently tighten your abs, pull your shoulders away from your ears and your shoulder blades subtly back towards your spine. Practise really can help you perform better!



**TIP** This move strengthens back, arms, legs and hips to help with control of swing

**SETUP** Attach a resistance band to something low and sturdy in front of you. Hold the handle with your right hand, standing on your left leg. Keep the right arm out long with some tension on the band to start, bend into the supporting left leg.

**MOVEMENT** Stand up on the left leg as you pull the right hand and elbow back beside your body. Move back to the start position by bending the right knee and easing the right arm forward, lengthening the elbow.

**1-3 sets x 8 repetitions each side**

## GOLF STRENGTH & STRETCH

Fitness guru **Charlene Hutsebaut** shows you how to up your game on the golf course with exercises to strengthen and increase control and mobility



**LUNGE with SIDE FOLD**

**SETUP** Stand in a wide lunge position, left foot forward.

lower rib cage to the left side of the pelvis. Keep the abs engaged. Return to start position.

**MOVEMENT** Bend both knees to move the body towards the floor as you fold the left

**1-3 sets x 8 repetitions each side**

### TUBING golf SWING

**SETUP** Attach a resistance band to something low and sturdy to your left side. Stand, feet shoulder-width apart, as close to your golf-swing stance as possible. Hold the handle in both hands, out past the left hip with some tension on the band.

**MOVEMENT** Look down as though your golf ball is there. Pull the band through your golf swing. Return to the start position in control. Turn around and repeat on the right side. Both directions of this range of motion are important for learning control as you strengthen all the muscles involved in the swing.

**1-3 sets x 8 repetitions each side**



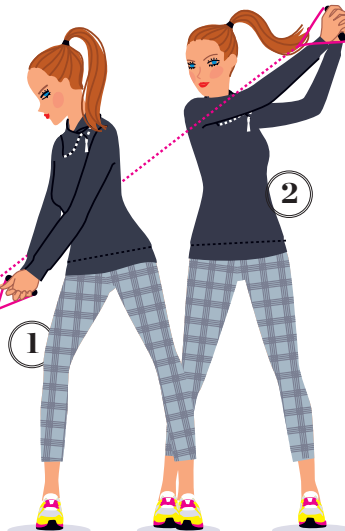
**BENT OVER torso TWIST**

**SETUP** Stand with your feet shoulder-width apart, hands on knees, spine in a neutral position.

**MOVEMENT** Engage your abs, take your right hand off the knee and pull it through your left arm and thigh. Return to start position and repeat with the left arm.

**1-3 sets x 12 repetitions**

**TIP** Practising in both directions is great for your body balance



ILLUSTRATIONS MAX SAVVA