



GOLFERS ALL over the world want to improve their swing. During my years as a personal trainer, I've had

many clients come to me to enhance their golf performance, as well as to keep their backs healthy during the game.

There are three elements needed to have an efficient and effective swing: mobility, flexibility and control. As many golfers already know, it is about finesse rather than brute strength.

Here are some exercises/stretches to help you stay flexible and understand how to move your body with control. Before starting every move or stretch, gently tighten your abs, pull your shoulders away from your ears and pull your shoulder blades subtly back towards your spine.



Improve your swing with these strengthening exercises from personal trainer **Charlene Hutsebaut**

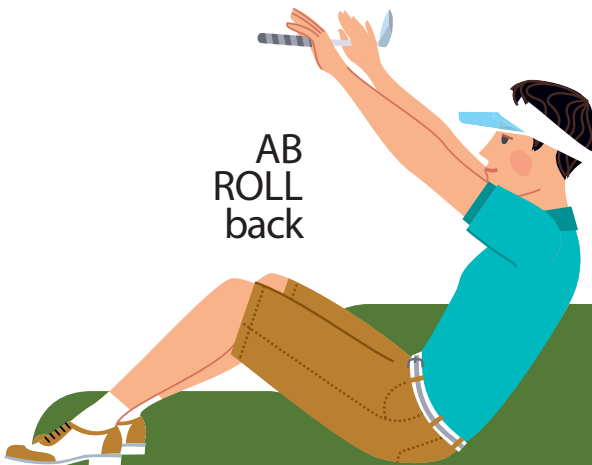
CHEST stretch

POSITION Stand in a corner or doorway with bent arms out to the sides and hands on the walls or door frame. With shoulders down and away from ears, and abs engaged, push chest forward and pull shoulder blades gently back towards the spine to stretch the chest.

3 x 1 minute

This stretch will enhance your flexibility for your front and back swing.

AB ROLL back



POSITION Sit up tall with legs out in front of you (knees bent, feet on the floor), holding the club in front of you at above-shoulder height.

MOVEMENT Roll halfway back to the floor, with your torso staying square to the club (as shown here). Return to a neutral starting position and repeat.

1-3 sets x 12 repetitions

This move strengthens abs to help with control of swing.



ILLUSTRATIONS MAX SAVVA

Improve your swing

OBLIQUE TWIST with club

POSITION Sit up tall with legs out in front of you (knees bent, feet on the floor), and look straight ahead as you hold the club out over your legs.

MOVEMENT Roll back onto your pelvis as you twist to one

side, pulling in abs between ribcage and pelvis for core control. Go only halfway back to the floor, and keep feet on the mat. Sit back up to a neutral position and repeat to other side. This is about

control, so stay within a short range of motion.

1-3 sets x 8 each side

This exercise strengthens abs to help with controlling the twist of the swing.

STANDING Back EXTENSION

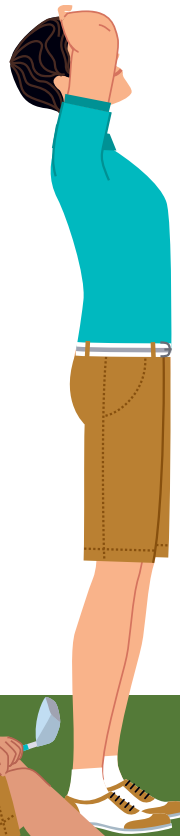
POSITION Stand with your feet shoulder-width apart, hands at forehead, elbows wide and pulling back.

MOVEMENT Imagine your body is set in stone from the bottom of the ribcage down. Hinge and move from the mid-back/bra

strap area into a back extension. Return to the neutral starting position.

1-3 sets x 12 repetitions

This move is great for overall back health, mobility and opening up the front of the body for front and back swings.



SQUAT and ABDUCTION

1



POSITION Stand with your feet shoulder-width apart, hands on hips. Tighten abs gently between the hands.

MOVEMENT
1 Sit back into an imaginary chair behind you, keeping abs engaged. 2 As you stand, pull one leg out to the side, ensuring your pelvis does not tilt to the side. Gauge this by looking at your hands – they should stay level.

Repeat squat on both feet and switch leg out with each repetition.

1-3 sets x 8 repetitions each leg

Working your legs and hips builds endurance for walking and swinging over the 9 or 18 holes, and adds strength to your swing.

2

