

## Champions are Made in the Off-Season

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If you are a golfer who is serious about improving your game for the long-term, then it is time to dedicate yourself to a golf-specific fitness program... this winter. Athletes in every other sport train sport-specifically and golf should be viewed the same. Even if you don't consider yourself an athlete, golf requires very athletic moves.

Golf requires good posture, balance, flexibility, strength, and control. If you are lacking in any of these areas, your body's structure will force you to make a variety of compensations in your swing to strive for consistency. This is one reason why so many golfers become frustrated with the game. Addressing your own physical issues will help improve consistency, reduce your risk of injury, and decrease your frustration!

In terms of flexibility, for example, golfers must have adequate motion in the hamstrings and mid-spine to be able to assume and maintain the ideal address position.

**Here is a quick test to check these two key areas:**

Stand with your feet shoulder-width apart, holding a golf club behind your back. The club should be in contact with the back of your head, between your shoulder blades, and just below the belt-line. Keep all of these contact points and bend forward from your hip joints approximately 45 degrees keeping your knees straight. If you felt significant tightness in your hamstrings and/or difficulty maintaining the club in contact with your spine during the movement, there are flexibility deficits that can negatively impact your golf game.



Common areas of weakness in golfers are the muscles of the core; the lower shoulder blade and lower abdominal muscles. These are key areas to strengthen to add control and power to your swing. The posture you assume all day is also the same posture you will tend to assume during your golf swing. Strong lower abdominals not only add power to your swing, but also help to prevent low back problems.

Remember...champions are made in the off-season! For more information on customized golf-specific fitness training, please contact **Body Balance for Performance** at [www.bodybalancegolf.com](http://www.bodybalancegolf.com) or 312-214-9079.