

## What is Golf Fitness?

Firstly, well done if you are reading this. I would imagine that you're a motivated golfer looking to improve. Golf fitness has had a huge impact on professional golf over the last 10 -15 years. Here are some stats from the USPGA Tour that back up this statement.

Year	1 <sup>st</sup> in Driving Distance	50 <sup>th</sup> in Driving Distance
1980	274.3 yards	261.0 yards
1990	279.6 yards	266.4 yards
2000	301.4 yards	277.5 yards
2010	315.5 yards	292.4 yards
2014	314.2 yards	295.2 yards

Yes, equipment and ball technology have had a significant impact however Golf fitness has definitely played a part too. In the USA it is very popular. Here, in the UK, we are slowly catching on.

Magazines, books, the internet, as well as coaches offer tips and advice on the golf swing. Yet the cause of incorrect swings, in general, goes untouched – our BODY. That's right our bodies and our mind to a degree, doesn't allow us to swing the club correctly.

Golf Fitness is a specific way of exercising that can help you move your body in the way you and your coach would like you to. We look to improve the following areas:

- Your Posture
- Your Flexibility
- Your Mobility
- Your Stability
- Your Balance
- Your Body Awareness
- Your Strength
- Your Power

In the main the exercises we train people to do are easy to follow and do not require much equipment. Lots of workouts are body weight exercises which can be done in a small space, in your home, hotel room or even your tent! Membership of a gym can be useful for advanced exercises using weights and other equipment but it is not compulsory.

If you want to be different and gain performance edges on other golfers this is a great way. It will also make you feel a lot better about yourself too.

David Charlton

Your Performance Coach

Tel: 07734 697769

Email: [info@sport-excellence.co.uk](mailto:info@sport-excellence.co.uk)

Copyright © 2019