

## Strengthening Exercises

Basic technique and core stability are more important than brute strength in golf. However many casual players, particularly office workers or long distance drivers, may have weak upper backs which could compromise their game. These two exercises target the muscles of the upper back. Perform 2-3 sets of 10-15 reps 4-5 times per week.

### T's

**Position:** Lie face down with your arms out and your palms facing down so your body makes a 'T' shape.

**Action:** Squeeze your shoulder blades together and lift your (straight) arms as high as you can. Hold for one second and then lower.



### Y's

**Position:** From the 'T' position move your arms forward to make a 'Y' shape.

**Action:** Bend your arms at the elbow and bring your fingers to your temples and then return to the 'Y' position.



## Advice

Muscular imbalance can significantly effect the power and accuracy of your golf swing.

The primary cause of injury on the golf course is poor swing technique. These exercises will not replace good basic skills. If you have technical faults with your swing you should seek advice from your golf pro.

The exercises in this leaflet are designed to improve golf specific fitness. They may, however, be appropriate for a range of other sports or general musculoskeletal health maintenance.

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**Important:** These exercises may not be suitable for all golfers. If you are unsure of the correct technique or you feel pain stop these exercises immediately and consult an appropriate health care professional.

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The Lace Market Clinic is a trading style of autonomous health practitioners who operate as sole traders from premises in the Lace Market, Nottingham. The individuals do not trade as a partnership.

Lace Market Clinic  
Musculoskeletal Therapy

## Golf Fitness Programme



Call on 0115 924 7171  
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# Stretching Exercises

## Stretching Technique:

Stretching should be a pleasant experience. Stretches should be slow, static and last for 20-30 seconds. For best results they should be performed once or twice per day (4 to 6 times per week).



### Reaching Lateral Side Stretch:

**Position:** Stand with your feet shoulder width apart.

**Action:** Slowly bend to the side and reach over the top of your head with your hand. Do not bend forward.



### Rotating Wrist Stretch:

**Position:** Place one arm straight out in front of you and parallel to the ground.

**Action:** Rotate your wrist down and outwards, then use your other hand to further rotate your hand upwards.



### Bent Arm Shoulder Stretch:

**Position:** Stand upright and place one arm across your body.

**Action:** Bend your arm at 90 degrees and pull your elbow towards your body.



### Lying Knee Roll-over Stretch:

**Position:** While lying on your back, bend your knees and let them fall to one side.

**Action:** Keep your arms out to the side and let your back and hips rotate with your knees.



### Assisted Reverse Chest Stretch:

**Position:** Stand with your hands securely supported behind your back.

**Action:** Bend your arms and slowly lower your entire body.



### Hamstring Stretch:

**Position:** Stand with one foot raised onto a chair or similar object.

**Action:** Keep your raised leg slightly bent. Keep your back straight and gently move your chest towards your raised leg.



### Buttock Stretch:

**Position:** Lie on your back with one leg crossed over the other at the knee.

**Action:** Grasp the lower leg and gently pull upwards.

### Single leg squat:

**Position:** Place a towel on the floor two or three feet in front of you. With your knees together lift one foot off the floor and balance on the other leg.

**Action 1:** Bend the knee on your supporting leg and reach toward the towel (use either hand). Get as close to the towel as you can without touching it or losing your balance.

**Action 2:** Pause in this position for one second.

**Action 3:** Return to the upright position and repeat on the other leg.



# Functional Exercises

## Functional Exercise Technique:

Functional exercises improve muscle strength and position awareness. Perform 2-3 sets of 10-15 repetitions 4-5 times per week. It is important to pay attention to maintaining good posture and spinal alignment.

### Lunge with Rotation (Advanced):

**Position:** Stand upright, holding a small weight to your chest (approximately 1 kg).

**Action 1:** Step forward into a single leg lunge position. Plant the front foot on the floor, toes pointed forward, and torso upright.

**Action 2:** Bend both knees until your back knee until it is just above the floor.



**Action 3:** At this position rotate your shoulders to the left and then to the right.

**Action 4:** Return to the starting position, then repeat leading with the opposite leg.

