



The
Ultimate Guide to
**WEIGHT
TRAINING**
for **GOLF**

fourth edition



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Part I



**Golf
Specific
Training**

INTRODUCTION

Regardless of its reputation, golf is a physically demanding sport. It requires strength, power, flexibility, balance, muscular endurance, and stamina, each of which can be enhanced through a proper golf-specific weight-training program. This book focuses on how to develop your body in every aspect that is most important to golf. It also provides you with detailed golf-specific programs designed for the off-season, pre-season, and in-season to maximize your golf-playing potential.

Weight training specifically for golf will make your entire body more flexible, fit, and powerful, which, in turn, will give you greater club-head speed and power. It will decrease your vulnerability to injury and increase your muscular endurance. If you train properly for golf you will experience these benefits without sacrificing your technique on the course. Proper weight training can enhance your technique by improving your flexibility and increasing your range of motion. This book not only contains a year-round golf-specific training program, but also includes over 50 additional 4-week programs so you can find exactly what you need.

Improper Training Training improperly increases the risk of injury and it can set you further away from your goals. The goal of weight training for golf is not to build stiff, bulky muscles; it is to improve your golf game by increasing your power, flexibility, muscular endurance, and balance. You want to build your muscles and improve flexibility in areas specifically used in your swing, and you want to increase your muscular endurance so that you are able to stay fatigue free on every hole. You do not want to spend time and effort performing exercises that can be detrimental to your game.

Injury Rehabilitation Weight training also plays a major role in injury rehabilitation. Muscles that are well trained recover faster from injuries, which will help you avoid chronic pain. With stronger muscles supporting your bones, tendons, and ligaments, you will be less injury prone in all aspects of your life. The most common injury experienced among golfers is pain in the lower back. Lower-back pain makes swinging

a club properly very difficult, and is damaging to your game. Strengthening the muscles of the entire mid-section plays a major role in maintaining lower-back health as you age and as you continue to play golf. As you will see, a strong trunk is also one of the major sources of a powerful swing.

Lower-Back Care Because the lower back is vulnerable to injury, it is important to take great care of it, both on the course and in the gym. Regardless of your activity, whenever bending over, be sure to keep your back straight. Arching your back places undue stress on your vertebrae and unneeded pain for you. Whether you are picking up your clubs, a dumbbell, or your ball, you must always be sure to bend at the knees and keep your back straight.

Consistency In order to improve a skill, you must be consistent. Imagine trying to change your swing every time you play. You would never be able to make serious improvements from one day to the next. Even though weight training and golf are very different activities, carrying some of your techniques to and from the gym will keep consistency in your training. While lifting, be sure to maintain a loose grip on the weights—as if you were holding your club. Do not use a grip that is so loose that you drop the weights; just use a relaxed grip similar to that used during your swing.

THE SWING

The golf swing can be broken down into many parts and at different angles. Each part of the swing involves a different set of muscles, joints, tendons, and ligaments. Every aspect of swinging the club is equally important to how well you hit the ball. By improving aspects of any one of these areas, you will be improving your swing. By improving all of them, you will experience the benefits to weight training for golf. The programs in this book have you training all of the muscles you use throughout the swing. The most important areas of the body for golf are the hips, mid-section, shoulders, hands, wrists, and hamstrings.