

GOLF

Swing Considerations & Facts



Tremendous forces are generated during the impact of a driver with a golf ball. For example, at 105 mph, there is 1100N/lbs. of force on the clubface and ball.



The golf swing takes between 1-1.3 seconds



All the tools of the game won't help you reach optimum performance until your body is prepared to respond to the movement, safely and effectively.



Any golfer who wishes to improve his/her game must work on flexibility, strength, balance, and coordination.



The golf swing is governed by soft tissue tension; loss of flexibility alters the movement.

Golf Specific Exercises

- Secure elastic above your head
- Grasp elastic with both hands
- Bend at hips, keeping back in neutral position
- Pull downward and across as shown
- Return to start position and repeat

- Secure elastic at floor level
- Grasp elastic in both hands
- Bend at hips, keeping back in neutral position
- Pull upward and across as shown
- Return to start position and repeat

While performing above exercises, maintain a neutral back position. The motion should come from the hips. Pivot on the balls of your feet.