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Golf Swing Exercises Can Add Power Quickly

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The other reason why golf swing exercises are so important is in the fact that a golf swing by its?very nature is a very unnatural and awkward movement of the body and muscles. It therefore stands to reason that the body will usually resist the golf swing action and this is why it appears to be so difficult to master.

However when you implement golf swing exercises to strengthen and condition the relevant muscles, the golf swing becomes less awkward to the body.

Let us now take a closer look at the movements involved in a golf swing so that we come up with the most effective golf swing exercises that will impact most dramatically on the quality of your game.

The golf swing is actually a turn back (rotate) and turn through (rotate). Most of the movement is pure rotational in nature. This means doing golf swing exercises like a seated twist holding a dumbbell straight out in front of you is a very effective exercise in strengthening and conditioning the muscles used in the golf swing.

Be careful not to use very heavy weights in this golf swing exercise. 3-5 pound dumb bells are ideal. Remember that a golf club is not heavy; in fact it weights less than a pound.

Repeating golf swing exercises like this as many times as you can within a 30-minute session without straining yourself. Do remember to warm up before you begin the session and also to warm down when you are through.

Warming up ensures that you do not start with your muscles cold. Stretches involving the muscles that you are going to use can also be extremely useful before you go into these golf swing exercises.

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