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# **Golf Specific Weight Training...Don't Fear It**

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Why should there be any reason for fear when 80 year old persons are comfortably going through them. And what's more is these elderly persons have quite often hailed the weight training as being responsible for the dramatic improvement in their game as well as the easing of nagging pains that usually do not respond to medication like back pains.

Junior golfers are also enthusiastically embracing golf specific weight training with similar results. Some of these kids are barely in their teens. But what has been even more amazing is the impact that the golf specific weight training has had on their golf game.

Many have been able to increase the distance of their drives by yards that are in the higher levels of a double digit figure.

Still this has not prevented golf specific weight training from being greatly feared amongst many golfers who have various excuses not to touch exercise. There are those who claim that weight training will give them bulging muscles and make them stiff when it is common knowledge that flexibility is very important in golf.

For these golfers, the mere mention of dumb bells sends shivers down their spines as they picture themselves struggling with heavy weights in some gym somewhere.

Nothing could be further from the truth. Golf specific weight training really involves strength training and not body building. As a result it involves the use of lifting lighter weights more repetitively.

The sort of light weights that teenagers and senior citizens alike do not have any problem handling.

Whether you dread it or not, the facts are that golf specific weight training is extremely important for any golfer.

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