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Golf Swing Weight Training A New Approach

474

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golf,golf swing,golf trainer,golf workouts,golf exercises,golf fitness,golf lessons,golf instruction,golf tips

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This alone will greatly improve your "greens in regulation"and getting more shots closer to the pin. The end result is a much lower score.

Golf swing weight training shouldn't be new to you. You've heard all the pros train for their game. So why shouldn't you? Here's one secret that can add a quick 20 yards to your driver in less than a week or so.

Swing a weighted club!

This is not revealing stuff, but I'm here to tell you it's one of the quickest and most effective ways to increase your distances with all clubs.

The benefit is developing the exact golf swing muscles from a strength and flexibility standpoint within your golf swing. You'll improve your backswing and follow through range of motion, as well as your power through the hitting zone.

In all my dvds, books and websites I preach the importance of a balanced routine of both golf stretching and strengthening exercises for all your golfing muscles. This is critical for your long term success.

I am an advocate of this approach, and strongly suggest you be too. There are many muscles swing the weighted club don't hit that can be affecting your game. Like the hamstrings, lower back and even abs.

But how about a little shortcut along the way?

Golf swing weight training is something I've personally been doing for over 10 years and I'm fortunate enough to say I can consistently drive the ball over 300 yards. I don't say that to brag, but to say this type of training and approach is effective and works!

Because I'm not a big guy like all those long drive competitors, golfers are surprised when they see me hit a drive. They all seem to ask how can I do that? Immediately I go into my golf trainer mode and precede to tell them the importance golf swing weight training and working on the "machine"to hit longer drives.

Within a couple of holes they are hitting me with a ton of questions they want answered. By the time I'm done, I wished I hadn't told them what I do for a living.

No I'm just kidding.

By doing a golf swing weight training program that incorporates strength, flexibility and weighted clubs you will see the quickest results that last long term.

Your golfing buddies might think your crazy, but you'll get the last laugh.

The winning combination is swing technique and golf swing weight training!

You can also find this article published on [Golf Swing Weight Training A New Approach](#)