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Golf Weight Training Is The Answer To Longer Drives

526

It is no secret that most of the male and female tour players who want to play their best golf, do golf weight training exercises. But it's not the kind of grueling, sweating stuff you're thinking about. There is a HUGE misconception of what and how this type of program should be done. It does not take going into a gym and lifting heavy weights; nor does it take a 2-3 hour daily commitment.

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I have seen many "so-called" golf weight training programs, books, and videos etc that do in fact show the golfer in the gym and on machines. Sitting on a machine, isolating one muscle group is not golf-specific or sport-specific for that matter.

Golf is a dynamic movement done on your feet. Sitting in a machine in a "controlled" environment will not improve your swing.

The golf swing incorporates most of the muscles of the body in a sequential motion. I hope you can now see sitting in a machine won't improve that.

So what truly is a 'golf-specific' program?

For starters, doing a lot of exercise 'on your feet' and in your golf posture will help. The more you can get in your posture and strength train, the quicker the benefit to your game.

Golf also involves balance and stabilization. To improve this takes a concentrated effort on core work and exercises involving balance (such as one-legged exercises).

The more popular golf-exercises are done on a stability ball; using exercise tubing; handweights; and even weighted medicine balls.

This allows you to do many dynamic movements similar to your golf swing, directly relating to more power, distance and accuracy.

These pieces of equipment are very inexpensive and portable. You can have a complete golf fitness gym in your home for under \$100 easily.

For example, exercise tubing is approximately \$20 and you can immediately do golf swings with it. This is as golf-specific as you can get. Doing your actual movement with resistance will dramatically increase your power output.

There are dozens of simple, golf weight training exercises you can do with the above equipment (and in your home). The beauty of this type of golf training is saving time and money, but most importantly making it fun and enjoyable.

When you do these types of golf weight training exercises you will be encouraged that it will be the missing link to your best game.

Often, we try to get on the fitness, weight-loss bandwagon, only to quit after just a week or so. With the above type of training, your doing both. You not only see a dramatic improvement in your game, but the icing on the cake is looking and feeling better.

I have worked with hundreds, if not thousands of golfers via the web who have sent me emails stating how they

have stuck with their programs longer than any other time in their life. They say the connection between health and golf is what did it.

So don't get overwhelmed the next time you here about golf weight training. With a little research, you can be doing your golf weight training program in your home in no time.

You can also find this article published on [Golf Weight Training Is The Answer To Longer Drives](#)