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Golf Exercise Benefits

Golf exercise benefits are many. Golfers have struggled for years with their games and have become very frustrated. I can't tell you how many times I play with golfers who are about to quit the game.

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

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To explain golf exercise benefits to a golfer takes a little convincing, but in a short amount of time they become believers. There are so many I can't possible list them all in this article, but you will be motivated to take this approach.

Some of the main golf exercise benefits are; improved power for longer drives; dramatically improved stability for better consistency; a body that moves freer, removing tension from the swing; more energy for 18 holes; elimination of injuries; weight loss; improved concentration due to a reduction in fatigue; I could go on-and-on.

Improved Power For Longer Drives

If your body is weak and inflexible you will not be able to achieve optimal swing mechanics. Such things as a full shoulder turn, with minimal hip rotation; creating and retaining torque (energy) in your core for maximum clubhead speed; proper sequence of motion with muscles firing at the appropriate time; being able to swing just a little harder on long par 5's and still be in control.

Removing Tension From The Swing

When you improve your flexibility (range of motion specific to your golf swing) you are able to make a full backswing with no tension in the supporting muscles of the swing. Like the shoulders, lower back, upper back (lats), and even the wrists. It is known in most athletics that less tension equals more power.

More Energy For 18 Holes

One of the biggest culprits of back nine blow-ups is loss of energy resulting in poor mental confidence and swing mechanics. I see this one all the time when I play...golfers who are out of shape and lack appropriate fuel intake and maintenance. Having energy for 18 holes builds tremendous confidence and a higher level of play.

Elimination Of Injuries

Golf injuries are prevalent among all amateur golfers, especially senior golfers. The golf swing is a damaging movement on the human body. Swinging a club between 80-100 mph in less than a second can be traumatic. Golfers who don't have an adequate level of golf strength and flexibility are susceptible to injury every time they swing the club. The lower back usually takes the brunt of the stress and strain. Then hips, knees, shoulders and even wrists. A stronger, more flexible golfer will avoid injuries indefinitely.

Weight Loss

I have worked with over 10,000 golfers via my online golf performance website and they all fill out an initial golf fitness profile. Since I review every one of them personally, I see how many of them have weight loss of 10-30 pounds as a goal. There are more overweight golfers on the course than fit ones. This is because golfers have not come to the conclusion the fitness plays a critical role in golf performance. Exercising will not only improve lean muscle, but melt fat away. To not only improve their golf, but lose weight is icing on the cake for any golfer.

Improved Concentration

How many times have you had a good score going into the back nine only to have a couple of blow-up holes that ruined your score? It happens all the time. Why? Because your body fatigues and your brain doesn't maintain a high enough level of concentration. The result is poor club selection; swing mechanics and diminishing

confidence. A fitter golfer will always have the edge over an out-of-shape one. When the round progresses and tension creeps in they will prevail every time.

The above are only a few golf exercise benefits...but enough to hopefully convince you that it's worth looking into. The golf swing is now being viewed as a very athletic movement, like baseball, tennis, etc...and should be approached from a conditioning emphasis. I hope you now realize the return on investment from these golf exercise benefits.

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