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Golf Swing Flexibility Exercises That Will Add Distance Quickly

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Golf swing flexibility exercises that are the most effective are not what you read in all the "so-called" fitness for golf books. I make this bold statement because I bought every golf fitness book and was so disappointed I wrote my own Ultimate Golf Fitness Manual.

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

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What I didn't see in most of these books was dynamic (movement) stretches, especially for core flexibility. The golf swing is a rotation, therefore it only makes sense to incorporate as many core rotational movements, stretches and exercises into your routine as possible.

This is more prevalent in the senior golfer. He/she has lost a large amount of core rotation and in return massive yards off the tee. That's the biggest complaint I hear among senior golfers is their lack of distance off the tee.

But, what's frustrating for me is that same golfer will buy more equipment, take more lessons and hit more balls and not see improvement. This is because the "root cause" has still not been approached.

Until you fix the "machine" you will not see improvement. Your body's physical capabilities dictate your golf swing efficiency and power. Until you realize this and make the commitment to improve this, you'll continue to be a very frustrated golfer.

The great thing about golf swing flexibility exercises are they don't require any equipment and can be done anywhere. In your office...at your home...even on the golf course. There is no reason (excuse) not to participate in a golf swing flexibility exercise program.

If time is a valuable commodity you don't have a lot of, then doing just 3-4 rotational stretches daily and you'll see a huge difference in your power and distance.

There is only an "upside" to doing it.

How about adding 30 yards to your drives? No more back pain? Feeling like your 20 years younger and playing like it too?

I could go on and on about the benefits, but you've got to believe it and do it.

Just remember the golf swing is a rotational movement, so you should train your body from a rotational strength and flexibility standpoint. Taking this concise and yet effective approach will give you the quickest results from your golf swing flexibility exercises.

You can also find this article published on [Golf Swing Flexibility Exercises That Will Add Distance Quickly](#)