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How A Golf Trainer Can Help Take Your Game To The Next Level

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Having a golf trainer in your corner to give you guidance, motivation and ongoing, cutting-edge golf fitness information will put you leaps and bounds above your playing partners and competitors.

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

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An experienced golf trainer will be able to diagnose your current level of fitness, physical limitations and prescribe the right program for you in which you will make the most of your time and money.

I hear so many horror stories of a 'general' fitness trainer calling himself a golf trainer only to end up making the client (golfers') game even worse.

How discouraging would that be?

A qualified golf trainer will not only have the appropriate education and background, but have a deep understanding of the golf swing and mechanics. And be able to apply his/her exercise physiology knowledge to the benefit of the golfer.

Upon meeting a potential golf trainer you should ask some golf-specific questions to test the golf trainers' knowledge of golf. You'll know in less than one minute if they in fact do know something about the golf swing. If you have the least bit of hesitation, move on to the next golf trainer until you find one you feel will help you the most.

Now the bad news!

A golf trainer is a specialized professional and will not be cheap. Most of you will not have the the luxury to have a golf trainer one time, let alone 3 to 5 times a week, every week. This would cost in the thousands of dollars every month.

The average, 'qualified' golf trainer will charge anywhere from a low of \$40 per session to a high of over \$250. The more experienced the golf trainer, the more they will charge.

So what are you options if the above scenario is a little too out of your economic reality?

The next best thing is to get some golf fitness videos (dvds) that take you through the entire golf fitness session from start to finish...including stretches, warm ups, cool downs and advice.

This is the next best thing to having a golf trainer in person. I have been fortunate enough to receive hundreds of emails and letters from golfers who have greatly benefited from this format of training.

There are not too many fitness and/or fitness videos (dvds) on the market that take you through an actual workout. Most of them show you the exercise and discuss the do's and don'ts.

What you really need is a fitness videos (dvds) that takes you step-by-step through the workout so you have an idea of proper technique, pace of the session and a huge sense of satisfaction when it is done.

Then to have the wherewithal to put that video (dvd) back in the player in 48 hours and do it again. And again. And again. This will give you the best, most quickest results.

You really want to make sure it is a 'complete workout'? Not just exercises and then you have to figure out how to put them together in a workout format. I can't tell you how many times I've purchased workout videos only to have to figure them out on my own.

What a big waste of time and frustration!

You want "plug-and-play!?"

So there is hope to finally have a golf trainer in your home on a weekly basis. One that will motivate you and inspire you to continue and strive to be the best you can be.

Go out and get your very own golf trainer!

You can also find this article published on [How A Golf Trainer Can Help Take Your Game To The Next Level](#)