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# **Golf Fitness Helps Generate More Speed In Your Swing!**

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Clubhead speed is more a result of what you do with the golf club than an entity of its own. A driver is not going to generate clubhead speed on its?own! Someone has to swing it!

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Golf, golf Fitness, Golf Exercise, Golf Swing, Golf Instruction

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Clubhead speed is contingent upon swing speed. Swing speed is directly related to the person swinging the golf club. So the question to really ask is:

How Do I Develop Huge Gains in My Swing Speed?

Another term directly related to swing speed and clubhead speed is power.

More Power = More Swing Speed = More Clubhead Speed

Bottom line is we are looking to increasing the power outputs of your golf swing. This will allow for an increase in swing speed. An increase in swing speed translates to more clubhead speed.

So how do we increase the power in our golf swing?

Two aspects require tuning and development of you wish to improve the power in your golf swing.

?Number One: Improve Your Swing Mechanics

?Number Two: Improve Your Body

Developing optimal swing mechanics is the first part of the equation to great power.

The golf swing is one of the most difficult, finite, and complex athletic movements performed. As a result, it requires time spent on the refinement of the movements involved.

Any athletic movement, the golf swing included, can be performed efficiently or inefficiently.

An efficient golf swing allows for the highest percentage of power generated by the golfer to be translated into the club, and delivered into the golf ball. An inefficient golf swing decreases the amount of power delivered to golf swing.

Efficient Golf Swing Mechanics = High Power Outputs

Inefficient Golf Swing Mechanics = Low Power Outputs

A pretty simple equation if you think about it.

Now how do you develop efficient golf swing mechanics?

Through a process of proper instruction, proper practice, and time. The body can learn either the correct or incorrect way to swing a golf club. In order to learn the correct way to swing a golf club, proper instruction is required.

Secondly, the body learns through repetition. In order to learn efficient golf swing mechanics it is necessary to practice the correct way to swing. Finally, this process takes time.

The body will not learn how swing a golf club correctly in a day. It takes consistent time spent on the swing.

Putting it in math terms, the equation for efficient golf swing mechanics is:

Proper Instruction + Proper Practice + Time = Efficient Golf Swing Mechanics

Unfortunately, efficient golf swing mechanics is only one-half of the equation to increasing clubhead speed, swing speed, and power.

The second half is your body.

The golf club cannot develop power on its own. It is a combination of developing efficient golf swing mechanics and a body that can generate power.

A Body that can Generate Power = Increased Clubhead Speed

Your body swings the club through the mechanics of the golf swing. In order to perform this efficiently and powerfully requires the development of certain disciplines within your body.

Generating power in the golf swing requires your body to be:

?Flexible

?Strong

?Powerful

The development of these three disciplines within your body allows the foundation to swing the golf club with more power.

If your body is inflexible, weak, and powerless, generating clubhead speed will be very difficult, let alone performing the mechanics of the golf swing correctly. How do you develop such a body for the golf swing?

Quite simply by implementing a golf fitness program. A golf fitness program will develop the required flexibility, strength, and power required of the golf swing.

It comes down to this equation:

Efficient Golf Swing Mechanics + A Flexible, Strong, & Powerful Body = Increased Clubhead Speed

Put in place a plan to develop efficient golf swing mechanics and a powerful body. The swing speed and clubhead speed you desire can be a reality. Remember; proper instruction, practice, time, and golf fitness training are the keys to more power, more swing speed, and more clubhead speed.

Sean

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