

File Created by [Blogging Rebirth](#) WP Plugin

Golf Strength Training Exercise Is Not Body Building

310

Despite many reassurances, some amateur golfers still dread golf strength training exercises. The problem would appear to be the presence of equipment like dumb bells in this sort of strength training. Not everybody is an exercise expert and therefore many people cannot tell the difference between body building exercise and strength building exercises.

golf,golf swing,golf trainer,golf workouts,golf exercises,golf fitness,golf lessons,golf instruction,golf tips
Despite many reassurances, some amateur golfers still dread golf strength training exercises.

The problem would appear to be the presence of equipment like dumb bells in this sort of strength training. Not everybody is an exercise expert and therefore many people cannot tell the difference between body building exercise and strength building exercises.

The two are very different. They are so different that the difference can be compared to the difference there is between day and night.

Body building has got no part to play in golf strength training exercises. If anything this sort of exercise routine would damage a golfer's game rather than improve it.

One of the effects of a body building exercise program that includes nothing else is that it causes the body to lose flexibility. Flexibility is very important in golf and that is precisely the reason why stretch exercises are a part of any good and genuine golf strength training exercise program.

In body building the emphasis is on lifting increasingly heavier weights so as to get the muscles to grow in size as quickly as possible. A body building program is usually rigorous and definitely not for everybody.

Muscle strength-building exercises using dumb bells are the exercises that are useful to golfers. Dumb bells play a huge role in golf strength training exercise programs. Only that the weight lifting program is very different from the one used in body building.

Much lighter weights are used and lifted up and down many more times than is the case in weight lifting. Still the sessions are much shorter than body building sessions.

Results have shown clearly that when this golf strength training exercise program is combined with stretch exercises, the improvement witnessed in any person's game has to be seen to be believed. The results of golf strength training exercise programs are usually tremendous.

You can also find this article published on [Golf Strength Training Exercise Is Not Body Building](#)