

Tips for an Effective Golf Season

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Golf season is under way and some of you may be wondering how your exercise routine should change now that you are playing regularly. The general rule of thumb for any “in-season” routine is to perform exercises that will maintain the gains you achieved in your off-season routine. If you did not perform an off-season routine, don’t worry, these ideas can assist you in beginning a new program.



Warm-up: Usually a successful golf outing cannot occur without a proper warm-up. Since the weather is still variable in the early morning hours it is a good idea to perform an active warm-up before you swing the club. Think back to those wonderful days in PE class when you would start off with calisthenics. This is a great way to perform an active warm-up and will be more effective for you than what I call the prolonged hold stretches (e.g. leg up on the car bumper and bending forward to stretch your hamstring). Helicopters,

windmills, lunges, saws (arm rows), and scissors (arm rows crossing your hands in front of your body) are all great ways to get your body moving into positions that mimic the golf swing. If you are unsure of what these exercises are and how you should be performing them, ask your trainer, or simply ask me the next time you are at BDI and I will be happy to show you. Finally, instead of stepping up to the practice tee and making that first swing with your club, why not start off with putting. It will get you into your golf stance, allow your body to move with less strain, and promote a gradual progression up to that big swing with your driver

Flexibility training: One thing I have learned through my continuing education in the golf world is professional golfers have amazing flexibility. Stretching should be performed after your round or on an off day. Chances are you will not improve your flexibility by stretching for 2-3 minutes before your round. Each stretch should be held for around 30 seconds and done 1-2 times on each side. Do not forget your upper body and trunk. These body regions are big contributors to your golf swing. Stretching will help get rid of lactic acid built up during your round of golf and keep you flexible throughout the season, allowing you to replicate that perfect swing with each outing.

Strengthening, core work, and balance: Should I still be working out now that I am playing golf more regularly? The answer is YES! You may not work-out as frequently but you should not stop your exercise routine. I follow the

stability/mobility approach to training golfers. As we start from the ankle up through the body and ending at the hand, golfers should have body regions that alternate between mobile areas and stable areas. Your exercise routine during the season should be more functional to your game. Therefore, doing 3 sets of bench presses may not be the best exercise for you. Simply replace it with a standing cable column chest press that makes you stabilize your core and rotate your trunk as you would in your golf swing. If you need assistance in coming up with a good in-season routine, contact the front desk, or send me an email and I’ll be happy to get you in for an appointment and get you started in the right direction.

Interested in finding out more? Call (703) 527 9557 to set up a golf assessment with Jason or learn more at bodydynamicsinc.com

