

Do You Want To Prevent Injuries And Achieve A Perfect Golf Swing?

By Davey Jones

The quest for the perfect golf swing

Golf... A nice steady sport that virtually anyone can play, fitness isn't really an issue in the sport of Golf is it? Well in actuality, if you want to improve your game, especially you golf swing, fitness IS an issue.

FACT: You will not develop a perfect golf swing without a fitness program and this is what I intend to address in this particular article.

Step 1 - Back Strength For A Perfect Golf Swing

Your swinging ability can improve giving you ability to correct and control your muscles while swinging a golf club, obviously balance is an important aspect in the game of golf. Strengthening your lower back will help keep a strong stance through a golf swing, thus helping with delivery. Exercising with dumbbells is great for this.

Step 2 - Jog...Yes, Jog

Nice and steady at first, don't try and run before you can walk here... Just take a steady jog, stop and take a breather when you feel tired and then continue. Over time your distance will improve along with your fitness. Simple jogging has been shown to improve an individual's golf game. Improve you fitness, improve your game. Improve your swing to the perfect golf swing.

Step 3 - Shoulders And Arms

Whenever you try a new activity you get stiff muscles the day after, a lot of this has to do with flexibility. Even if your are used to an activity, Golf in this case; swinging your club without some flexibility can result in a pulled muscle. By just using simple arm and shoulder stretching exercises you can minimize the risk of pulled muscles and greatly improve your game... Another step closer to the perfect golf swing !

Step 4 - We Have Back Strength, Don't Forget Back Flexibility

Get your back stretched out, not only can a stiff back hold your game back, but it also contributes to poor posture. The last thing you want is a pulled back believe me, when I pulled my lower back a few years ago, I was like an old man walking around the supermarket, in pain and struggling to take items off the shelves, not to mention waking up constantly through the night because of the pain. Stretch your back daily with simple stretching exercises, if you take nothing else away from this article take this.

To recap, back strength and flexibility is a must, not only on the game of golf, but also in your every day life. Don't neglect this. Shoulder and arm flexibility, again, if your aim is to improve your game and develop a perfect golf swing, you need to stretch them out.

Don't bounce or jerk any exercise, especially the back stretches. Nice and gentle, get to a comfortable stretch position, hold for 20-30 seconds then rest/repeat.

For more information on achieving a perfect golf swing and other golf tips, feel free to Visit My Blog which will be updated on a regular basis.

<http://the-perfect-golf-swing.blogspot.com>

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