

## **Golf Exercise Why and How!**

**By Steven Katz**

Physical fitness is a must for more pleasure in any sport a player is involved. This holds true even to a golf player on a golf course. Golf uses most muscle groups. So usually more vigorous exercises are recommended. Aerobic exercise becomes a part of any golfer's fitness program. Golf professionals or any sport professional devote a lot of time on their workout programs because they have tasted the rewards. The rewards for a golf player involved in regular exercises are greater strength, stamina and more distance with less effort.

Golf players who do exercises to maintain fitness should keep in mind that it is also a part of a professional sport. Because if only particular muscles in the body is overdeveloped then it can have a serious effect on the swing. It can lead to improper timing and poor back swings. So a wrong work out routine in the long run can ruin the golf sport itself. This gives a caution that exercises in the work out of a golf player should be designed carefully so that it suits the needs of the player.

A workout should aim in making each muscle to work in harmony with the others. For this to be achieved all muscles in the body should be concentrated on rather than specific muscles. If arms muscles and hips are strengthened in an attempt to swing the club faster, it is better strengthen the back too, so that the back can absorb that extra speed. Knee exercise like turning the hips and knees in one direction, then the other by standing with feet slightly apart can be done. Also exercises simulating golfing movements can also be done. Grip exercises can also be taken up.

Strict attention should be paid to the technique and physician should clear the exercise routine before the start of a fitness program. A golf fitness program ought to incorporate exercises for Golf Flexibility (Lower Back Stretch and Hamstring Stretch: Rotators), Golf Balance(Single Leg Cone Reach), Golf Core Training ( Tubing Side Rotation), and Functional Training(Rotational Lunge with Medicine Ball )

A regular golf fitness program also allows a player to play without any layoff whatever the season may be. The exercise prepares the golf player to endure and play well in different weather conditions. The purpose of a fitness program is to develop the golf swing through the development of the body. Because the execution of a golf swing calls for certain levels of flexibility, balance, strength and power. A golf fitness program can increase these attributes within the body.

Golf by itself can be good exercise. It is seen to have benefit on a player's health and safe for the heart too. These health advantages come from walking rather than swinging the club. Walking an average course for a round of golf can be as much as four miles. By doing this a golf player gets an optimal amount of endurance exercise for the heart. If the player pulls the clubs or carries them, more calories are burnt per round, and profit is even more.

You can improve your golf game with proven golf swing tips that can help lower your golf score by visiting <http://www.onlinegolfer.com>, a popular golfing website that provides tips, advice and resources, [golf driving tips](#) and the [best selling golf ebooks](#) that will improve your golf game.

Article Source: [http://EzineArticles.com/?expert=Steven\\_Katz](http://EzineArticles.com/?expert=Steven_Katz)