



FITforeGOLF™

Better Golf through Better Health

Education Series

ADVANCE

Your Golf Game

An advanced exercise program for
improving Strength, Balance and Stability
using an inflated exercise ball.

www.fitforegolf.com

FITforeGOLF™

ADVANCED

STRENGTH EXERCISES

About this Brochure

The purpose of this brochure is to show golfers an advanced exercise program using an inflated exercise ball. Anyone who has been inside a physical therapy or fitness facility in the past couple of years has probably seen people exercising on large brightly coloured balls. These inflatable fitness balls go by many different names (physio-balls, Swiss-balls, fitness-balls), and although they may seem relatively new, they have been used for physical conditioning and rehabilitation since the mid 1960's. Their advantage is they provide a fun, inexpensive and highly effective workout for the muscles which move the limbs, as well as those which stabilize the spine.

Training programs using these inflated exercise balls
are highly effective for conditioning the
important golf muscles

Choosing the Right Exercise Ball

The balls are available in a variety of sizes. The usual size for most people is a 65 cm (26 in) diameter ball. A 55 cm (22 in) ball is recommended for someone under 160 cm (5'3") while a 75 cm (30 in) ball is appropriate for someone who stands higher than 190 cm (6'3").

The ball sizes refer to the maximum diameter the ball should be inflated. Over-inflation weakens the ball and increases the risk of structural failure. Under-inflating the ball slightly is not a problem and may improve comfort. Technique is important so read the instructions carefully and concentrate on feeling your muscles contract with each exercise.

Exercise balls may be purchased from your local
FITforeGOLF™ Affiliate clinic.

WARNING:

**Many of these Advanced Exercises are
very challenging. Consult your physician or
physical therapist before starting any
of these exercises**

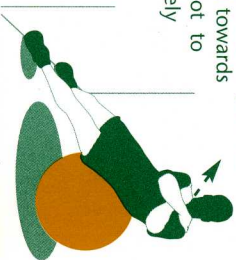
3 TRUNK EXTENSIONS (**)

Lie face-down with the ball under your lower stomach and your feet braced against a wall. Initially let your arms hang over the sides of the ball (not shown). As your balance improves, place your arms behind your back. Gently arch up your back against gravity. Don't arch past a horizontal position. Hold briefly before returning to the start. Fatigue should be felt in the lower back muscles.



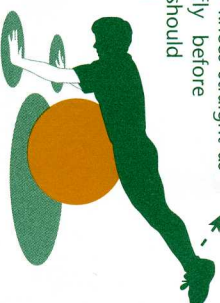
4 LATERAL TRUNK CURLS (**)

Lie on your left side with the ball under your hip, and your feet braced against a wall. Place your arms across your chest. Use your right trunk muscles to pull the ribs on your right side down towards your right hip. Be careful not to bend your neck excessively towards the top shoulder. Repeat the exercise while lying on your right side. Fatigue should be felt on the side of your trunk.



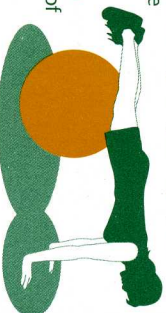
5 HIP EXTENSIONS (**)

Lie face-down with the ball positioned under your pelvis and upper thighs. While keeping your hands in contact with the ground, slowly lift both feet as high as possible off the ground. Keep your knees straight as you do this. Hold briefly before returning to the start. You should feel your lower back and buttock muscles working.



6 PUSH-UPS (**)

Lie face-down on the ball then walk your hands forward so the exercise ball is positioned under your mid-thighs. While keeping your body straight, slowly let your elbows bend until your head almost touches the ground. Return to the start position by performing a push-up. The exercise can be made harder by rolling the ball further down your legs. Fatigue should be felt in your chest and the back of your upper arms.



7 BALL BRIDGING/HAMSTRING CURL (**)

Lie on your back and place both feet on top of the ball. Tighten your abdominal and buttock muscles and lift your backside off the floor until your trunk and lower limbs are perfectly straight (not shown). Slowly roll the ball towards and away from your back-side while keeping your hips lifted off the floor. The exercise can also be progressed by folding your arms across your chest. Fatigue should be felt in your hamstring, buttock and lower back muscles.



8 HORIZONTAL TRUNK BALANCE (***)

Lie as shown with the ball at about shoulder level and your feet close together. Let your arms hang over the sides of the ball. Tighten your buttock and abdominal muscles and raise your backside until your trunk and thighs are perfectly straight. While maintaining your balance, slowly straighten one knee. Keep the thighs level. Hold briefly before returning to the start. As your balance improves, fold your arms across your chest. Fatigue should be felt in your thigh and back muscles.



9 OBLIQUE ABDOMINAL CURLS (***)

Lie on the ball so that it is positioned under your back, at about your belt-line. Keep your chin tucked in and support your neck with your arms. Initially, just hold this position. You should feel your abdominals working! As you become stronger, do a "mini" sit up but rotate your trunk slightly as you curl forward (e.g. aim your left shoulder towards your right knee). Repeat on the opposite side.



10 ABDOMINAL REACHES (***)

While kneeling, position the ball under your chest with your hands on the sides of the ball. Keep your thighs and trunk perfectly straight. Perform a partial push-up until your chest just lifts off the ball. While maintaining your balance, use your arms to slowly push the ball out-away from you (roll the ball between your forearms) then bring the ball back to the start position.



11 KNEELING BALANCE (****)

Place both hands on the ball and lean forward until your knees also touch the ball. Continue to gradually lean and roll the ball forward so that your feet start to leave the ground (so that you are on all fours on top of the ball). Once you have balanced yourself on top of the ball, slowly take your right hand away so you are only balancing with your knees and the left hand. Change hands and repeat. This exercise can be made extremely challenging by removing one hand and the opposite knee **AT THE SAME TIME** (leaving just one hand and one knee on the ball) – be careful !!!



Advanced



Very Advanced

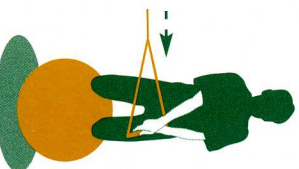
12 STRENGTH TRAINER ON BALL (****)

Simulated golf swing exercises using the **FITforeGOLF™** Strength Trainer can also be performed on the exercise ball. The increased requirements of balance and coordination are ideal for training the deep postural muscles.

Anchor the nylon strap in a doorframe at mid-thigh level. Balance on all fours on top of the exercise ball as outlined in the previous exercise. Once balanced, slowly take your hands away so you are kneeling on the ball. Grasp the **FITforeGOLF™** Strength Trainer like a golf club. Tighten your abdominal muscles and then move your arms through a shortened back-swing away from the door and against the elastic resistance. **DO NOT** bend at the elbows. Return to the start position and repeat. Concentrate on maintaining your balance as well as tightening your abdominal muscles with each repetition. Repeat the exercise in the opposite (down-swing direction) – be careful!!!



Back-swing



Down-swing

SPECIAL PRECAUTIONS

The 12 advanced exercises shown in this brochure are rated from easier (*) to hardest (****).

WARNING:

The harder exercises will not be suitable for all individuals.

The reader must assume full responsibility for the injury risk associated with these exercises.

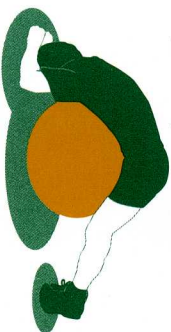
Ball exercises should only be attempted in an open area and on carpeted floor. Each exercise should be performed slowly and carefully, concentrating on correct form and balance.

- **Caution:** If you have any health concerns or are unsure about starting an exercise program, consult with your doctor before proceeding.
- These exercises should not cause pain.
- **Stop if you feel pain.**
- Minor short-term muscle discomfort may be experienced with a strengthening program. Prolonged discomfort should be investigated.
- Except where indicated, 5-10 repetitions is a good target with each exercise.

...ask your **FITforeGOLF™** affiliate about these and other important golf exercises.

1 LOWER BACK STRETCHING (*)

This is a good warm-up and warm-down exercise. Lie on the ball as shown with your forearms just touching the ground. Your head will be just off the ground. Let your back completely relax so that gravity provides a gentle stretch to the region. Slowly rock forward and back while letting tension seep from your body.



2 HOOLA-HOOP RANGE OF MOTION (*)

This is another good warm-up exercise. Sit upright on the ball and use your pelvis to slowly roll the ball around in a circular motion underneath your backside (similar to using a hoola-hoop). Try to keep your head and shoulders relatively still while moving the ball around in both directions. Be sure to maintain good posture and lightly tighten your abdominal muscles while doing this exercise.



Your local affiliate is:

FITforeGOLF™ delivers a multifaceted program designed to help keep you injury free and add years to your game. *The better the body the better the performance!*

See your **FITforeGOLF™** affiliate for other Educational Series brochures.

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