



FITforeGOLF™

Better Golf through Better Health

Education Series

POWER-UP

Your Golf Game

A golf specific exercise program to improve the abdominal and other important trunk muscles.

www.fitforegolf.com

FITforeGOLF™

POWER-UP

TRUNK PROGRAM

The golf swing involves virtually a full rotation of the trunk. The main muscles responsible for this rotation are the abdominals, in particular the oblique and transverse abdominal muscles. The abdominals are some of the strongest muscles in the body. Increasing their role in the golf swing can help increase clubhead speed. In addition to rotating the trunk, contracting the abdominals has the additional benefit of bracing the spine thus protecting it from injury. The POWER and PROTECTION offered by the abdominal muscles makes them **the most important golf muscles in the body**. While every golfer uses their abdominal muscles to some degree, learning to use these muscles more effectively is very important for optimal performance.

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!

...ask your FITforeGOLF™ affiliate for details.

Special Instructions and Warning:

- **Caution:** If you have any health concerns or are unsure about starting an exercise program, consult with your doctor before proceeding.
- This Trunk Power program contains both stretching and strengthening exercises. 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.
- The FITforeGOLF™ **Strength Trainer** is made from high quality and durable materials. However, users have a responsibility to periodically inspect the various parts of the FITforeGOLF™ **Strength Trainer** to ensure breakage and possible injury do not occur. To prolong cord life, avoid stretching the tubing more than 3 times its resting length.
- **NOTE:** Wear and tear of the latex tubing will occur over time. Users must assume full responsibility when stretching latex or related products.

Other Educational Series Brochures

Available from your local FITforeGOLF™ facility.

- STRENGTHEN Your Golf Game
- STRETCH Your Golf Game

Also available: FITforeGOLF™

Swing Drill & Exercise Manual

Contains cutting edge information on swing drills, fitness exercises and psychological skills training.

1

LOW BACK EXTENSION STRETCH

Lie on your stomach. Place your hands under your shoulders. Slowly perform a push-up with your arms but let your back, buttock & abdominal muscles relax and try to keep your hips on the floor. You may feel some pressure in the *middle* of your low back but no increase in pain. **Stop if you feel back pain.** Hold for 2-3 seconds then slowly lower back down.

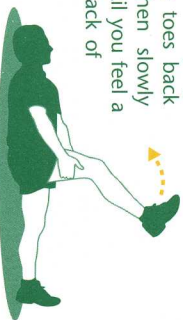
Repeat 5 times.



2

HAMSTRING STRETCH

Lie on your back with one leg straight and the other hip and knee bent to 90 degrees. Grasp the back of the bent thigh as shown. While keeping this thigh vertical, pull the toes back towards your head then slowly straighten the knee until you feel a gentle stretch in the back of the thigh. Hold for 15 seconds then repeat on the opposite side.



3

LOW BACK AND BUTTOCK STRETCH

Sit and cross your right leg over a straight left leg. Turn your trunk to the right and place the back of your left elbow on the outside of your right knee. Slowly pull the right knee to the left while turning your trunk further to the right. A stretch should be felt on the outside of the right hip and low back regions. Placing your right hand on the floor will help with balance. Hold for 15 seconds then repeat on the opposite side.



Remember: Pull in your abdominals.
Maintain good posture.

4

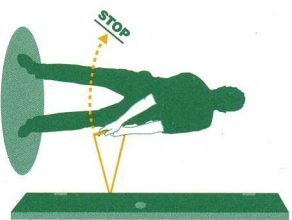
TRANSVERSE ABDOMINAL EXERCISE

Lie on your back with your knees bent. On each side of your lower abdomen, place 2 fingers of each hand about a palm width below and to the sides of your belly button. Press these fingers firmly into your lower abdomen. Start the exercise by GENTLY drawing the lower portion of your stomach (the area between the belly button and pubic bone) down towards the floor. **Do not move your pelvis, hold your breath or let your chest rise.** You should feel the muscle under your fingers become tight. You do not need to use a maximum effort. Use only as much effort as needed to feel the muscle become tense. Hold this pressure for 10-15 seconds. Breathe normally the whole time. Repeat 10 times. A light strain should be felt deep in the lower abdomen.



Important: Maintain light tension in the transverse abdominal muscle throughout the day.

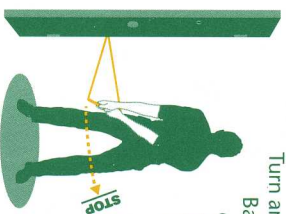
5 BACKSWING ABDOMINAL



Place the anchoring strap in a door frame at mid-thigh height. Close the door so the the tubing cannot be dislodged. Grip the **FITforeGOLF™ Strength Trainer** like a golf club. Get into your normal golf stance and move away from the door until you feel resistance. **Tighten your abdominal muscles.** Start your backswing away from the imaginary ball and against the elastic resistance. Your arms, shoulders and upper body should be one stable unit. **DO NOT** bend at the elbows and **DO NOT** let your hips or legs turn. Your arms will not get very before the tubing stops further motion. Return to the start position and repeat. **CONCENTRATE** on pulling in your abdominal muscles with each repetition.

Maintain good posture.

6 DOWNSWING ABDOMINAL



Turn and face the opposite direction to the Backswing Exercise. Repeat the exercise, but this time the elastic will provide resistance through the Downswing portion of the impact zone. **CONCENTRATE** on feeling your abdominal muscles work.

7 BACK STRENGTHENING



Lie on your stomach with your hands by your side. Without using your arms, slowly lift your head and chest off the floor. Try to squeeze your buttocks together as you do this. Hold for 3-4 seconds then slowly return to the start position. Repeat 5-10 times. Placing your hands behind your head will make the exercise harder.

Remember: Pull in your abdominal muscles for each exercise.

8 NEUTRAL SPINE CURL-UPS



Lie on your back with your left knee flexed and the right straight and resting on the ground. Place either your left hand or a rolled towel under the low back. **Gently draw your belly button in** then curl and twist your trunk until your right hand just reaches your left knee-cap. Hold for 3-4 seconds then return to the start position. Perform 10-20 repetitions then repeat reaching for the right knee. Maintain a gentle chin-tuck during the exercise.

9 HORIZONTAL SIDE SUPPORT

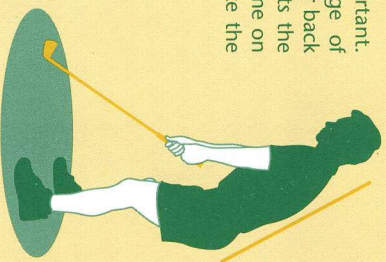


Lie on your left side and prop yourself onto your left forearm. Keep your trunk and upper thighs straight and bend both knees to 90 degrees (not shown). Raise your hips and pelvis off the ground. **Stop if you feel pain in your left shoulder.** Hold for 3-4 seconds then return to the start position. Perform 5-10 repetitions then repeat on the right side. The exercise can be made much harder by keeping the knees straight (shown).

SET UP FOR POWER

While strong abdominal muscles are critical for developing optimal club-head speed and protecting the spine, other factors such as set-up posture and flexibility are also important. When addressing the ball, it is important the forward tilt of the trunk comes from the hips rather than the spine. A slouched set-up posture, where the spine is rounded or flexed rather than relatively neutral, places the abdominal muscles in an inefficient position and makes it more difficult for them to contract during the swing.

Flexibility is also important. Greater trunk rotation range of motion helps create a longer back swing, which in turn permits the abdominal muscles more time on the downswing to accelerate the trunk to maximum velocity.



IMPORTANT - READ THIS!

Using your Abdominal muscles in your swing

- Exercising the abdominal muscles, while important, does not automatically guarantee these muscles perform any differently during the actual golf swing.
- A very simple way of increasing the amount of abdominal muscle activity during the golf swing is to GENTLY tighten your abdominal muscles just before starting your backswing.
- To do this correctly, address the ball with your normal stance then lightly draw in your belly button (see Transverse Abdominal exercise). You should feel your stomach muscles tense as you do this. The low back and pelvis SHOULD NOT MOVE when the stomach muscles contract.
- This gentle contraction protects your lower back and prepares the abdominal muscles to contract on the downswing and follow-through thus creating powerful trunk rotation. Your swing may never be the same!

"There is no question that strengthening my trunk muscles using the FITforeGOLF™ program helped lower my handicap by 6 strokes."

Arthur Colman, avid recreational golfer

Your local affiliate is:

**Advice from World Long Drive Champion,
Jason Zuback:**

"Work on the abdominal muscles, because that's the prime area for generating power in the golf swing."

(Golf Digest, January 1999)

FITforeGOLF™

is the registered trade mark of FITforeGOLF™ Inc.,
with licensed affiliates throughout North America.

www.fitforegolf.com