



FITforeGOLF™

Better Golf through Better Health

Education Series

STRENGTHEN

Your Golf Game

www.fitforegolf.com

FITforeGOLF™

STRENGTHENING

EXERCISES

Unleash Your Potential and Reap the Rewards!

Strength training is an important part of a golfer's exercise program. A properly designed strengthening program which targets the important golf muscles will benefit players of any ability, age or gender. The FITforeGOLF™ **Strength Trainer** is an effective fitness device for strengthening the golf muscles in your trunk, shoulders, wrists and forearms. The FITforeGOLF™ **Strength Trainer** will also improve your swing mechanics.

Maximize the benefits of your strengthening program:

- Warm-up first
- Stretch after the exercises (ask about FITforeGOLF™ **First Tee Stretching Exercises** 6, 9, 10, 11, 12).
- Exercises should be performed **slowly and deliberately**.
- Keep your head and spine in good postural alignment.
- Maintain normal breathing.
- Perform 3 sets of 10-20 repetitions for each exercise.

Special Instructions and Warning:

- **Caution:** If you have any health concerns or are unsure about starting a strengthening program, consult with your doctor before proceeding.
- Strengthening exercises should cause fatigue but not 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.
- Never exercise with the elastic tubing aimed at anyone's face.

The following pages describe the FITforeGOLF™ **Strengthening Exercises**. They use the FITforeGOLF™ **Strength Trainer** or your body weight to provide resistance.

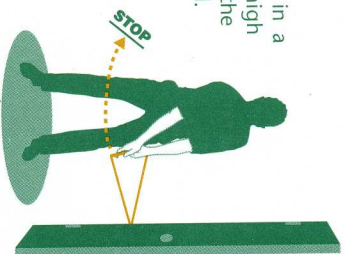
1 BACKSWING ABDOMINAL

Place the anchoring strap in a door frame at mid-thigh height. Close the door so 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. Keep your arms straight (do not bend at the elbows) and your hips from moving. Your arms will not get very far before the tubing stops further motion. Return to the start position and repeat. **CONCENTRATE** on pulling in your abdominal muscles with each repetition.

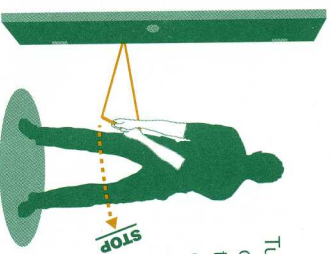


2 DOWNSWING ABDOMINAL

Turn and face the opposite direction to the Backswing Exercise. Grip the **FITforeGOLF™ Strength Trainer** like

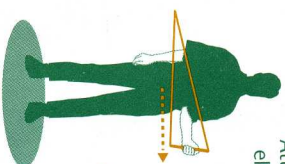
a golf club. Get into your normal golf stance and move away from the door until your arms are held part way into the backswing.

Tighten your abdominal muscles. Take your downswing through the impact zone and against the elastic resistance. Your arms, shoulders and upper body should be one stable unit. Keep your arms straight (do not bend at the elbows) and your hips from moving. Your arms should reach a position above your front foot before the elastic resistance stops further motion. Return to the start position and repeat. **CONCENTRATE** on pulling in your abdominal muscles with each repetition.



3 SHOULDER EXTERNAL ROTATORS

Attach the anchoring strap in a door frame at elbow height. Close the door to secure the **FITforeGOLF™ Strength Trainer** tubing. Stand beside the attached tubing. Hold the grip with your hand furthest from the door. Keep your elbow bent and your upper arm against your side. Rotate your lower arm away from your body and against the elastic resistance. Fatigue should be felt in the back of your shoulder. Face the other way and repeat on your other side.



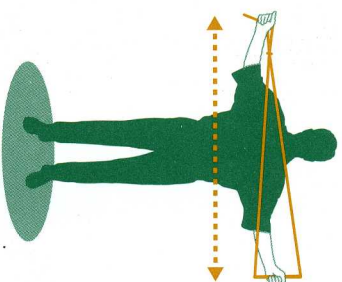
4 SHOULDER INTERNAL ROTATORS

Attach the anchoring strap as in Exercise 3. Grip the **FITforeGOLF™ Strength Trainer** with your hand closest to the door. Keep your elbow bent and your upper arm against your side. Rotate your arm in toward your body and against the elastic resistance. Fatigue should be felt in the front of your shoulder. Face the other way and repeat on your other side.



Maintain your golf stance

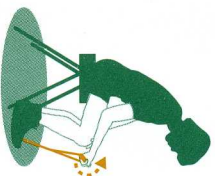
Remember: pull in your abdominal muscles for each exercise



Hold each end of the **FIT/foreGOLF™ Strength Trainer** tubing. Raise your arms straight out to the front. Keep your arms straight and spread your arms apart against the elastic resistance. Squeeze your shoulder blades together as you do this exercise. Fatigue should be felt behind your shoulders and between your shoulder blades.

Remember: pull in your abdominals.

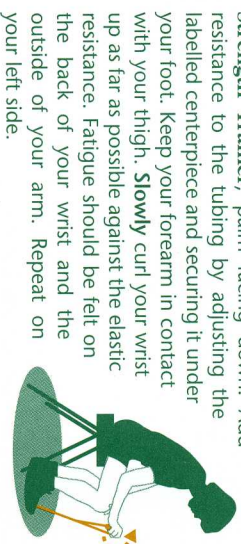
Maintain your golf stance



Sit down. Rest the outside of your right forearm on the top of your right thigh. Grip the **FIT/foreGOLF™ Strength Trainer** in your hand, palm facing up. Add resistance to the tubing by adjusting the labelled centerpiece and securing it under your foot. Keep your forearm in contact with your thigh. **Slowly** curl your wrist up as far as possible against the elastic resistance. Fatigue should be felt on the front of your wrist and the inside of your forearm. Repeat on your left side.

Repeat Exercise 6 by gripping the **FIT/foreGOLF™ Strength Trainer**, palm facing down. Add resistance to the tubing by adjusting the labelled centerpiece and securing it under your foot. Keep your forearm in contact with your thigh. **Slowly** curl your wrist down as far as possible against the elastic resistance. Fatigue should be felt on the back of your wrist and the outside of your arm. Repeat on your left side.

Remember: pull in your abdominals.



Remember: pull in your abdominal muscles for each exercise



Lie on your stomach. Place your hands close to your body. Keep your knees in contact with the floor. **Tighten your abdominals.** Keep your thighs and trunk in a straight line. Perform a push-up by straightening your arms as far as possible (they should straighten completely). Return to the start position and repeat. Fatigue should be felt in the back of your upper arms and in your abdominals.



Lie on your back with your knees bent. Pull your toes (but not your heels) off the floor. Overlap both hands in front of you and keep your arms straight. Tuck your chin in. **Pull in your abdominals.** Curl up your trunk until the finger tips of both hands just reach your left kneecap. Your shoulder blades should just come off the floor. Hold for 2-3 seconds. Return to the start position and repeat 10-20 times. Remember to repeat the exercise reaching for your right kneecap.

Remember: pull in your abdominal muscles for each exercise

WHY FITforeGOLF™ STRENGTHENING EXERCISES?

- The **FITforeGOLF™** Strengthening Exercises are golf specific. They target the golf muscles in your trunk, shoulders, wrists and forearms.
- Strength training has a valuable role in preventing injury, and increasing the number of years golfers are able to stay competitive.
- The golf swing involves a full and powerful rotation of the body. The main muscles responsible for this rotation are the **abdominals**, particularly, the oblique and transverse abdominal muscles. Increasing their role in the golf swing will increase club head speed and driving distance.

Benefits from strength training include:

- stronger muscles
- increased bone density and thicker ligaments
- improved speed, endurance and performance
- greater ability to withstand stress and injury to your back, wrists, elbows and shoulders.

"I'm stronger than I was last year. They've given me a new exercise regime which has really worked."

Jason Zuback, Three time -
World Long Drive Champion

FITforeGOLF™ and You:

FITforeGOLF™ offers a team approach to your golf success. Together, the **FITforeGOLF™** experts bring you:

- swing fundamentals
- golf specific exercises
- fitness and injury prevention
- psychological skills training
- golf nutrition
- year - round training programs

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!*

FITforeGOLF™ has affiliated physical therapy clinics throughout North America with certified professionals who can effectively assess your posture, strength and flexibility.

Plus, your **FITforeGOLF™** affiliate can refer you to Golf Professionals should your technique or equipment need attention.

... **Ask For Details**

Your local affiliate is:

What people are saying:

"FITforeGOLF™ is on the right track for pin-pointing physical limitations in golfers... their program helps you be the best you can be in golf."

Sandra Post, LPGA Member, Golf Teacher,
Executive Editor of World of Women's Golf

FITforeGOLF™

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