Golf Backswing Exercise with Dumbbell
From Mike Pedersen
When incorporating strength training in your golf fitness routine, the most important issue is similarity: Doing strength training exercises that closely mimic your golf swing, or at least a phase of your golf swing. This exercise is a good example of a golf-specific strength exercise. Can you see the golf component in it? I call it Backswing With A Dumbbell:

Instructions
- Hold a dumbbell in your lead hand and get in your golf posture.
- Your palm should face your leg similar to when holding your club.
- Maintain golf posture and bring arm across body to a half backswing.
- Do not swing the weight. Feel like you are using your muscles to move it.
- Bring it back to the start and repeat for 3 sets of 12 reps.

Always go slow with new exercises. Consult a physician before launching any new regimen of exercise or strenuous activity.

Lunge With a Twist to Increase Golf Swing Speed
Try this Exercise to Improve Your Golf Swing Speed and Add Power
From Mike Pedersen
Most golfers are looking to improve their golf swing power, distance and golf swing speed in a search for longer drives. Unfortunately, many such golfers are looking in the wrong place. The senior golfer especially needs to look beyond the latest-greatest $500 driver and look at the engine to improving golf swing speed and power.

What is that engine? It's your body!

Your body dictates your golfing ability. There is no way around it. You have to realize you're an athlete. A golfing athlete. Have you ever heard of an athlete not working on his/her body to prepare for optimal performance?

Golf weight training exercises are some of the quickest ways to improving your golf swing speed and power off the tee. Combining the golf strength of your lower body, core and upper body is an approach that will give you results rapidly.

I have a golf exercise that I often recommend for improving swing speed, and that I find is very effective. It's called "Lunge With a Twist." This golf strength exercise combines the power in your lower body with the core rotational movement needed for maximum golf swing speed and distance.

You'll notice in the photos I'm holding a weighted medicine ball. If you don't have one, you can hold a single dumbbell instead.

Step 1: Assume a standing position with your arms straight and hanging down in front of you, holding your medicine ball or dumbbell.

Step 2: As you step forward with one leg, rotate your upper body to that same side, holding the medicine ball or dumbbell chest high the whole time.

Step 3: Return to starting position and do the opposite leg.

Step 4: Repeat each side 10 times for 3 sets.

If you are consistent with this exercise, you will see improvement in your golf swing speed, power and distance in a very short period of time.
Improve Clubhead Speed with Exercise that Targets Core
From Mike Pedersen
You hear the term "clubhead speed" quite a bit when golfers are referring to driving distance. The long-drive competitors pay a lot of attention to clubhead speed, as well as ball speed.
To improve clubhead speed and driving distance takes a specific approach, an approach you might not be aware of, or might not think about. The approach I'm talking about is core golf strength from a rotational standpoint.
Your core is the engine of the golf swing. The stronger you can get your core from a rotary standpoint, the higher your clubhead speed and distance can go. So many golfers think it's all about pounding more golf balls, swinging harder, or just even getting lighter shafts.
One golf exercise that can dramatically improve clubhead speed is what I call the Stationary Golf Swing with Medicine Ball. You can't get anymore golf specific than this. You literally make a three-quarters golf swing with resistance as fast as you can go, but with total control and awareness of your golf swing mechanics.

Instructions
• Assume your golf posture.
• Hold medicine ball where you would normally hold club.
• Begin slowly rocking your shoulders back and forth as if swinging club.
• Stay connected with the triangle of your shoulders, arms, and hands.
• Slowly increase range until shoulders are almost to 90 degrees.
• Repeat.

Benefits To The Golf Swing
• Greatly increases power output during swing.
• Develops golf-specific muscles directly involved with swing.
• Promotes a stable base and more consistent ball striking.
• Improves distance and accuracy due to overloading body with weight while simulating the golf swing.

Your clubhead speed and driving distance will go up noticeably and quickly if you do this exercise consistently. You can do this exercise in the convenience of your home 2-3 times per week.
Improve Driving Distance with Golf Swing

Training Exercise

Try the "Downward Wood Chop with Medicine Ball"

From Mike Pedersen

Golf swing training may mean different things to different golfers. But the golf swing training I'm referring to means training your muscles specific to the golf swing by using resistance. Working on these muscles can improve your swing speed and therefore help produce maximum driving distance.

Golf swing training can be accomplished using exercise tubing, a single dumbbell, a weighted medicine ball, and even a weighted club. Any of these approaches will result in a more powerful golf swing that produces more yards off the tee.

The main muscles that need to be trained and strengthened for driving distance are the core rotational muscles. The core is the engine of your golf swing. The supporting muscle groups such as shoulders, arms and even wrists play important secondary roles in achieving maximum driving distance.

One simple golf swing training exercise I use employs a weighted medicine ball. This ball can be purchased at your local fitness equipment store or on the Web and doesn't cost too much. You will see an almost instant improvement in your power and driving distance with regular reps of this exercise, which we call the "Downward Wood Chop with Medicine Ball." Here's how to do it:

Instructions

- Stand tall holding medicine ball with both hands.
- Start with ball to the right, above head, and with torso turned to the right.
- Move ball from high position to low position, from right to left across body and downward, like chopping wood.
- Reach the finish position with the ball across body, body turned to left, knees bent.
- Ten repetitions for two sets, both directions.

Benefits to Golf Swing

- Quickly improve your downswing power and clubhead speed.
- Improve range of motion through impact.
- Dynamically strengthen golf muscles involved with downswing.
- Build muscular endurance specific to the swing.

You will quickly notice an improvement in your ability to produce higher clubhead speeds during the downswing. This will result in more power at impact and greater driving distance. You can do this exercise in the convenience of your home every day.
Exercises to Make Putting Practice Less Painful
From Golf Fitness Magazine

Combating Those Putting Green Aches

Becoming a great putter takes a tremendous amount of time. You need to practice to develop feel and touch, but the long hours standing in a bent-over position on the practice green can wreak havoc on your back, hips and neck. It is common knowledge that golfers should warm up and stretch before playing and practicing the long game. But did you know that it is just as important to warm up and stretch before practicing putting?
To prevent injury and help you hang out on the putting green longer, the following pages offer three exercises to do before, during and after a practice putting session.

Before Practicing Putting: Overhead Deep Squat

This exercise will warm up your back, hips, knees, shoulders and ankles and it will prepare your body for the awkward position you are about to assume.

**Step 1**
Stand with your feet shoulder-width apart, holding your putter with both hands above your head.

**Step 2**
Slowly squat down until your thighs are parallel to the ground, keeping the putter above your head and your heels planted firmly on the ground. Hold for a moment and then slowly stand up.

**Step 3**
Repeat overhead deep squat 6 to 8 times.
During the Practice Putting Session: Self-Massage

It is important to take frequent breaks while you are practicing your putting, to prevent injuries or soreness in your back, legs and neck. Performing self-massage can help keep muscles relaxed, improve range of motion and even help release endorphins into the body (the chemicals in your body that make you feel good). Performing self-massage while you practice your putting will help you stay loose and keep you on the putting green longer.

**Step 1**
Using your putter shaft, place the club behind your back and simply roll the club up and down, massaging your back.

**Step 2**
Massage each side of your lower back for 10 to 15 seconds.

**Step 3**
Repeat frequently during your practice putting session.

After Practicing Putting: Forward Bend

After you have completed your practice session, it is important to stretch your body to prevent soreness and keep you supple. The forward bend stretches your back, neck and hamstrings.

**Step 1**
Stand with your feet shoulder-width apart, holding your putter parallel to the ground behind your back.

**Step 2**
Slowly bend forward hinging from the hips, dropping the club to your ankles. Hold position for 10 to 15 seconds.

**Step 3**
Slowly come back up to starting position by rolling your spine up one vertebra at a time. Your head should be the last part of your body to come up. Repeat exercise two to three times.
Full Golf Swing Exercise Drill with Tubing
From Mike Pedersen

Focus on the Rotary Aspect of Golf Swing
Every golfer wants to have a full golf swing. Numerous quick and effective exercise drills can help you get one, by improving both your golf-specific strength and flexibility. I'm a huge proponent of golf exercise drills to achieve a full golf swing. You can do them quickly and easily in the convenience of your home and see maximum benefit.

To achieve a full golf swing, you have to focus on the rotary aspect of the swing. Since the golf swing is simply a turn (rotate) back, and a turn (rotate) through, you need to perform golf swing exercise drills that incorporate core rotational movements. I have put together dozens of these full golf swing exercise drills in my DVDs and manual, and you can even come up with your own by using your imagination. When you are inventing these golf exercises, try to eliminate or stabilize the lower body by either sitting on a stability ball or chair, or really focusing on no hip rotation when doing these golf swing drills. You'll get maximum benefit out of improving your upper body turn while having minimal lower body turn. This creates the big differential we call the "x-factor."

In the photos, you see me using exercise tubing attached to the upper part of a door. As you can see, all I'm doing is getting far enough away from the door to create tension in the tubing. This tension allows me to stretch to a 90-degree shoulder turn, with minimal hip rotation. A second benefit is that I'm pulling this tubing in the exact sequence of motion for a golf downswing. So I am getting the benefit of stretching and strengthening the muscles involved in the backswing (enabling me to achieve a full golf swing) and improving my power in the downswing. This is such a simple exercise that anyone can do in their home or even office, and it will make a tremendous impact on your ability to make a full golf swing.
Resistance Tubing Can Help Add Yards with this Golf Fitness Exercise

Pre-Impact Single Arm Tubing Drill Good for Distance
From Mike Pedersen

This simple, in-home golf fitness exercise will strengthen your golf-specific muscles for a powerful golf swing and maximum power.

Golfers are always looking for more yards on their drives and doing a golf fitness exercise that strengthens the muscles at the point of impact can be a great help. I've put together a series of simple golf fitness exercises with resistance tubing that can be done anywhere - even in your office.

Exercise tubing, or resistance tubing, is a great substitute for the fancy cable machines used in fitness clubs. It's inexpensive and each piece of resistance tubing is very portable, weighing just ounces. Such tubing can be purchased at any local sports store and even at many department stores (examples).

If you decide to buy resistance tubing, it's important to also pick up the door attachment pieces, which are usually sold separately. These allow you to attach the tubing to a door in order to do the exercise featured in this article, and many other exercises.

The exercise we're going to use the resistance tubing for here is a "pre-impact with single arm tubing drill," just one of the golf fitness exercises that can greatly improve your distance with all clubs.

As you'll see in the photos (click on the one displayed to also see a second one), this golf fitness exercise is identical to swinging through impact with your right arm, which applies a tremendous amount of power in the golf swing.

• 1. Attach exercise tubing in door jam waist high.
• 2. Turn sideways to the door and create some distance from the door for added resistance in the tubing.
• 3. Place left hand holding one of the tubing handles behind your back, while the right hand pulls tubing through impact.
• 4. Let right hand come back to start position, but remember to keep tension on the tubing at all times.
• 5. Repeat this golf fitness exercise 12 times. Switch arms if you like for a balanced routine.

This golf specific fitness exercise is just one of many of simple exercises/drills you can do right in your home or office. No more excuse for lack of time or equipment.