



Golf conditioning

Training the physical factors for consistency, distance and lower scores

THE FLEXIBILITY-STABILITY-STRENGTH-POWER formula is a safe and progressive conditioning method that develops consistency and distance in your golf swing. Used correctly this formula can complement and enhance any golfers playing, practice, lessons and return from injury.

Each physical factor can influence each shot and contribute to your overall score and your handicap. (See table below) You can save time practicing by identifying your games weak areas and training the corresponding physical factor, breaking plateaus and lowering your handicap.

Physical factors relationship between the various golf shots						
	Flexibility	Static Stability	Dynamic Stability	Golf Strength	Golf Power	Physical Demand of Shot
Putting		XXX				3
Chipping	X	XX	X			4
Pitching	XX	Xx	XX	X		6.5
Bunker & rough	XX	X	XXx	XX		7.5
Irons	XXX	X	XXx	XXX	X	10.5
Driving	XXX	X	XXX	XXX	XXX	13
Contribution to final score	11	9.5	10.5	9	4	

Putting: A good putter maintains a still position to keep the face angle and path true during the shoulder and arm pendulum swing. Static stability for putting can be trained with *the forward ball roll on a Swissball.*

Chipping and Pitching: As these shots require more swinging movements, more flexibility and dynamic stability is required. As the shots become fuller a strength component is needed. An exercise that satisfies the flexibility, static and dynamic stability and strength demand for chipping and pitching shots is the *Swissball lateral ball roll.*

Bunker and Rough: The sand, the longer grass and the lie angle requires increased dynamic stability and strength to recover the par. *The Upper Torso Twist on the Swissball meets these demands.*

Irons: Good iron shots need more strength to move the longer shafts through a fuller swing. Flexibility and strength are more crucial for consistent distance and accuracy. *The Reverse Woodchop exercise* strengthens the muscles for the backswing, weight shift and the follow-through.

Driving: Near maximum contribution of every factor produces greatest distance on the course. *The power-ball pelvic shift exercise* closely mimics the action of the golfer's hip turn and really powers up the club head speed and builds a powerful golfer's body. (See photo below)

Flexibility and dynamic stability have the greatest impact on all the clubs in your bag and are the most easiest to train. Driving is the most intense shot and requires more pre-requisite conditioning for safe administration. By identifying the weak area of your game and training the corresponding physical factors you can break the plateau and will be able to drive for show as well as putting for dough.



Consider this...the Golfer Plays the game, NOT the clubs; let me show you how to unlock your full golfing potential. Not only can you expect to lower your handicap & play with more power in your game but your body will also be more able to cope with the stresses that golf demands of it.

**ASK ME ABOUT THE BODY FIT
“12 WEEK GOLF CONDITIONING PROGRAM”**

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Reference: Ross Eathorne C.H.E.K IV, C.H.E.K Golf Biomechanic