

Colin's top three exercises to improve your golf game

The off season is the ideal time to work on your body to help improve your golf swing. Here are my top three off- season golf training exercises. Perform these exercises for one set three times a week to make next year the best golfing year ever!

Rotational Squats

Golf is a game of being able to rotate your upper body around a stable lower body. A stable lower body starts with strong legs. The rotational squat will train you to be able to build strong legs in a rotational pattern.



Start with feet in the width that you would stand in your golf posture. Hold a reasonably heavy weight in both hands directly below your chin.



Slowly squat down by dropping your butt back so that your elbows go towards your knees. Your knees should go to your toes but not past them. Ideally after some practice your elbows will touch your knees.



As you stand up, start to rotate your body to the left so that at the top of the squat, you are in a full follow through position with the hips facing left and the right toe on the floor.

Squat back down as before and this time, rotate to the right to a full follow through position with your left toe on the floor.

Do this exercise ten times each way, alternating sides. You should use a weight that makes you really tired after all 20 reps.

Split Stance Rotation

This exercise trains the oblique abdominals to rotate around a strong hip. Weak hips are the enemy of all golfers. Without strong hip muscles, you cannot stabilize your pelvis properly while swinging the club.



Attach an exercise tube to a doorknob or a machine at the gym. Grab both handles in one hand.

With the tube coming from the right hand side, drop your left foot back so that you have 80% of your weight on your right foot. Only the sole of the left foot is on the floor. The narrower the stance, the more difficult the exercise.

Step away from the door to increase tension on the tube to the point where you are feeling it in the right hip (glute). Hold this position for 20 seconds to fire up the glute



Without transferring your weight to the left foot or turning your hips, rotate to your left until your hands are outside your left shoulder. Make sure your hands stay in front of your breastbone, as if you were turning a triangle formed by your chest and arms. Feel the right glute burning while the abs are turning. Repeat 20 times and then turn around and do the other side with the left leg forward.

Hip and Back Lunge Stretch

Flexible hip and back muscles are just as important as strong hip and back muscles for an efficient, powerful swing. This stretch will assess both areas at the same time. You may initially have trouble balancing in this position but keep working at it to improve. You want to feel a gentle pull in the muscles. ***Stretching should never hurt***



Kneel on a mat in a split stance with the right knee directly below the hip and the left foot directly below the knee



Place the back of the right hand on the outside of the left knee and reach back with the left arm, rotating the upper and lower back. Keeping the left arm straight and look at your left hand

Apply pressure with the right hand against the left knee to increase the rotation of your back while gently pushing your right hip forward to increase the stretch in the hip. Breathe deeply into the stretch. Hold for one minute at a comfortable intensity and then perform the stretch on the opposite side.

As with any exercise program, start slowly and work your way up to doing all at full pace. Always consult with a doctor before beginning any exercise program.



Colin Westerman is a strength, conditioning and rehabilitation specialist who has been working with clients in Vancouver for over 17 years. For more information on his sports conditioning and rehab programs visit www.fitbycolin.ca