

Stretch Your Potential

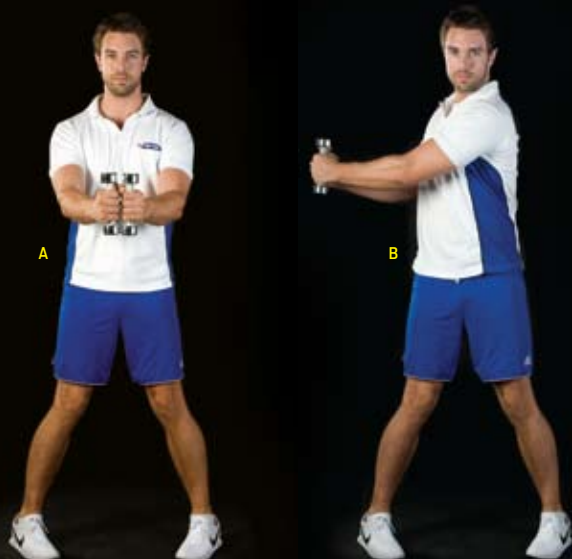
Use three simple stretches to add power and range of movement

To create power and speed in your golf swing, it is important to stretch and strengthen your core muscles. Your core consists of muscles in your abdominals, hips, back and chest. A strong, flexible core allows you to complete a full shoulder turn while retaining a limited hip turn. Increasing your flexibility through your trunk in three planes of motion allows your abdominal muscles to lengthen in all three planes. Only when a muscle is lengthened is it loaded and ready to fire. Coincidentally, by limiting your hip turn you'll create even more length through

your abdominals. Think of it like an elastic band: The more you stretch the band, the more powerfully it will spring back. The three exercises I've outlined here are designed to increase shoulder turn and limit hip turn in all 3 planes of motion. Positioning your legs differently in each exercise (as shown) will help ensure that the movement occurs through the spine rather than the hips, increasing shoulder turn, limiting hip turn and lengthening the abdominals on all three planes. Stretch as far as you can comfortably go for each exercise.

1. ROTATIONAL STRETCH

Stand with your feet shoulder width apart and turn your toes inward, bending your knees slightly. Holding a light dumbbell swing your arms left to right, while looking forward.



2. LATERAL STRETCH

Stand with a wide stance keeping your toes pointing forward. Holding the dumbbells, reach up over your head, and then stretch down on each side, ensuring that you stretch from the waist and not the hips.



3. OVERHEAD STRETCH

Stand with a split stance (one foot forward, one back) with your toes pointing forward. Holding a dumbbell in each hand, dynamically stretch up and back. Perform each of these stretches one after the other, and repeat the sequence.

PETER SULLIVAN

Peter is a fitness trainer for Spring Dubai who has worked with several accomplished amateur golfers based out of Emirates Golf Club. Contact him on peter@springdubai.com for more info on personal training