

Find form with function

Peter Sullivan's golf specific exercises will train your body to produce a more powerful swing

The golf swing is a total-body athletic action, utilising every muscle, ligament, and joint in the body to execute it. As a result you will find that functional training, which integrates the entire neuromuscular system into cross-specific exercises (an exercise that is as close to the golf swing as possible) is the best way to improve.

In the last issue I showed you how to train your abdominals and open your spine in three planes of motion while limiting hip movement, helping you increase your shoulder turn on the backswing and take full advantage of the powerful abdominal muscles.

In the sequence below I have again focused on the three planes of motion, but added another key movement – the squat – into the routine. The ground is a key power source for a golfer, and you will notice how top players 'squat' into the start of their downswing to gain powerful leverage before rotating through the ball. This workout will help you improve flexibility, balance and neuromuscular control in a movement that is golf specific. Practice these three exercises as a warm up before you hit the driving range. Perform between 12-16 reps for each without stopping.

1. OVERHEAD REACH SQUAT

Holding two light dumbbells (you can do the exercise without if you don't have any to hand) start in an upright position with your arms by your sides. Squat down towards the floor, pushing your bum back and extending your arms forward.



2. ROTATIONAL SQUAT

From a starting position with your arms held out in front of you, perform the squat and rotate both arms to your left, returning to an upright position and repeating on the right side.



3. OVERHEAD SIDE-REACH SQUAT

This last move combines overhead and lateral reaches with a deep squat and is strenuous when performed with multiple reps. As you squat down, reach your left hand over your head to the right side, then repeat on the other side.



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