

FITNESS

Engage your power source

Strengthen your core and add balance and power to your golf game

The core is your power source for all movement. Your core muscles - those in your abdominals, lower back, pelvic floor and hips - work together to keep your trunk stable while your limbs are active during your golf swing. Strong core muscles will hold your body in good upright posture, improve your balance and enable you to deliver more power into the golf ball because your body is more equipped to control speed of movement. Below I have illustrated one of the best core exercises - The Turkish Get-up. This exercise works all areas of your core as well as your overall balance.



HONE YOUR CORE WITH 'TURKISH GET-UP'

This five-step move holding a weight above your head will dramatically improve your core strength and inject more power into your swing.

It's important to practice this exercise slowly, spending time perfecting each position before moving onto the next. Ideally use a kettlebell (light weight, 5-15kg) but a dumb bell is a good alternative. **1:** Lying on your back, hold the weight above your left shoulder with your arm locked out and wrist straight. Bend your left leg so your left heel is in line with your right knee and rest your right arm flat on the floor. **2:** Push off with your right arm and left heel to drive the weight straight up, leading the movement with your trunk. **3:** Pushing the heel of your left foot into the ground, drive your hips upward so that your weight is supported by your right arm and left leg. Keep your abs tight. **4:** Sweep your right leg under your body while driving the weight up. Place your right knee on the floor and pull your body straight using your abdominals. **5:** Keeping your shoulder blades connected to your trunk and bracing your abdominals, lunge up by driving your hips forward and standing tall. Return to the ground in the same way that you got up. **Start by doing 5 reps of step one on each side, building up to 5 reps of all 5 steps of the get-up.**



by **Peter Sullivan**

with **Robbie Greenfield**

Peter is a fitness trainer for Spring Dubai based out of Emirates Golf Club. You can contact him on: peter@springdubai.com or +971 (0)50 378 7367 for more info on personal training.

