



## Step it up

Here are three exercises that will radically improve your footwork

Over the last couple of issues I have talked about how to unlock the spine and hips in three planes of motion, helping you increase your flexibility for a more powerful golf swing.

This month I am going to show you another set of three-dimensional exercises that will target and unlock the joints of the

foot and ankle, helping you remain grounded and stable during your swing.

As you begin your downswing, your arms act as levers and send a chain reaction through the body, right down to the feet. If you don't have the flexibility in your foot and ankle joints to enable that movement to be channelled into the ground then you will not only lose power, but also stability and grounding.

These exercises are aimed at opening the joints of your foot and ankle in all three planes of motion, helping you unlock your

feet and allowing freedom of movement. Like the great Jack Nicklaus said: "Lively feet are critical to a successful golf game".

When performing these exercises, place your hands against a tree, wall or golf cart to help give support and better balance.

*These exercise are great as a warm for hitting any balls, practice them at least three times a week. 16 reps of each on both sides for three sets will get your feet lively like Jack.*



### 1. SIDE-TO-SIDE STEP

Stand with a wide stance and push the hips forward so you feel a little stretch in the calf muscle. Now with your left foot, slide from left to right increasing the distance of the step as you feel more comfortable. Switch and repeat with the right leg.



### 2. DYNAMIC CALF STRETCH

Place one foot in front of the other and push your hips forward so you feel a stretch in your calf. Rather than holding the stretch, drive your hips forwards and backwards to feel the stretch increase and decrease. As you feel comfortable, go a little further into the stretch, but keep it dynamic.



### 3. ROTATIONAL LEG SWING

With your arms against a tree, wall or golf cart, balance on your right leg. Push your hips slightly forward. Now dynamically swing your left leg back to open your hips, then across the body to close the hips. At first you will feel very off balance but keep going and you will become more stable.

#### 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](mailto:peter@springdubai.com) for more info on personal training