

## Unlock your body's flexibility

Gain instant yards on your shots with Peter Sullivan's functional flexibility program

When you swing a golf club you're required to maintain stability while in motion, so exercises that develop motion stability will have a bigger benefit than static ones. Performing a motion stability exercise may cause you to feel off balance, but as you practice your balance will improve. Movement is controlled by your

nervous system and in turn, your nervous system is controlled by the feedback it receives from the movement. A response is then sent to recruit more muscle fibres to stabilise the body. The feedback your nervous system receives will be different depending on range, plane of motion and ground reaction.

### UNLOCK THE THREE KEY PLANES OF MOTION

Below I've used a simple lunge and built in a variety of motion stability exercises. These will unlock your joints while improving flexibility and balance. Using your legs and arms to drive movement, they will send signals to your nervous system in all three planes of motion.



### BUILD ALL-ROUND STRENGTH IN YOUR GOLF SWING

During your swing your body has three planes of motion: **Frontal (side-to-side)**, **Sagittal (forward and backward)** and **Transverse (rotational)**.

While the Frontal and Transverse planes are more obvious, the Sagittal plane plays an equally important role in the swing. Most golfers only work to increase their flexibility in the rotational plane, which leads to a loss of stability. Perform these stretches to work on all three planes of motion. How far you can drive your legs and arms is dependent on your current condition. You should start with a shorter range and then progress to your maximum range when your balance improves (for all lunges, repeat on both sides). **1 Stand** with your legs shoulder width apart as pictured. **2 Sagittal plane:** Lunge forward, driving your arms up and over your head. Keep your arms straight to open the chest, hips and abdominals. **3 Frontal plane:** As your left leg lunges forward, drive your right arm up and over to your left side. **4 Transverse plane:** As your right foot hits the ground, drive your arms over your lead leg while looking forward. **5 Combine** all three planes of motion into one lunge. These four exercises are perfect as a golf warm-up. Try them and then watch how much farther your ball goes.



## Single hand clean lift

Improve all-body momentum to increase power and coordination

The lift that you do when performing a clean is called a hip lift. This activates your hips, training them to fire and building a stable base, allowing you to become more grounded. The more grounded you are, the more leverage and power you can generate. In order to stimulate more muscles to work around your hips, you have to exercise lifting a heavy weight. The heavier you can go with the clean, the more power and strength you can build in your hips, which in turn will enable you to hit the ball further. The clean is an explosive lift that uses much the same momentum force as you find in the golf swing. And just like a swing, you're using your hips and core muscles with leverage from the ground to perform the lift. Using the arms alone to lift the kettlebell will result in a loss of power and strength, just like in golf. I've outlined the correct technique here.



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### FIRE UP THE HIPS WITH KETTLEBELL CLEANS

**Kettlebells are an ideal tool to perform a clean, but you can use a dumbbell as an alternative. The weight displacement of a kettlebell allows you to fire your core and hips more effectively.**

A good starting weight for this exercise for an average, healthy male would be 16kg. The technique is key here, but the heavier you can go while retaining your technique the better. **1 The grip:** Place the kettlebell between your feet and bend down to grip the kettlebell by pushing your bottom back and bending your knees. Ensure that your hand is turned outwards and your thumb is pointing behind you. Keep you looking forward as you prepare to lift the weight. **2 The lift:** Explosively drive your hips forward while pushing through the ground, keeping the weight as close to your body as possible. The idea is to lift on one

vertical plane, keeping your weight on your heels as you lift upwards. **3 The rack** As the weight reaches your chest, drive your hand through the handle of the kettlebell, keeping your elbow tight against your body and your wrist locked in position. In the finish position, your elbow will rest against your body with the kettlebell sitting against your forearm and upper arm. Initially you should aim for low repetitions and heavy weights, ensuring that you focus on good technique. Try doing four sets of five reps on each arm, four times a week. Try combining it with the kettlebell swings detailed in last month's issue.