

FITNESS



Put the kettle on

Peter Sullivan's kettlebells are the ultimate tools for an all-body golf workout

While cardio and weightlifting sessions at the gym are great for your fitness, you're going to need to get workout specific if your training is to have a dramatic impact on your golf. Peter Sullivan, a trainer working at Emirates Golf Club for Spring Dubai, explains how the kettlebells he has recently brought to the region are the perfect tools for developing a more powerful, explosive golf swing:

1 CORE STRENGTH IS KEY

Because training with kettlebells involve a whole-body movement, you're always working your core no matter what exercise it is that you're doing. When you swing a golf club, you're transferring energy from your body, through the arms to the clubhead. The shape of the kettlebell means the

weight is displaced from your hand, which means it's much harder to manipulate with your arms than a dumbbell. Therefore performing explosive core exercises like a kettlebell swing can really develop speed and power in a golfer's swing.

2 STAND FOR GOLF WORKOUTS

A lot of people train their abdominals while lying down, but we encourage you to train in an upright position because that will have the most functional benefit to your swing. There are 10 key exercises you can do with kettlebells, and within these an almost unlimited range of variations. On a regular kettlebell swing, there are 27 foot positions you can adopt, depending on what muscular chain reaction you want to develop.

3 KEEP YOUR ROUTINES FLUID

Every movement you perform in your golf swing is three-dimensional, so you should look to focus on 3-D exercise routines (see panel). You should avoid using a bosu board (half swiss ball) to build balance and core strength, because it develops a constant contraction in your core. A golf swing is a fluid movement where you load up and explode through. Exercises that tighten your core can inhibit movement and flexibility. You need to build loose, fast muscles.



by **Peter Sullivan**
with **Robbie Greenfield**

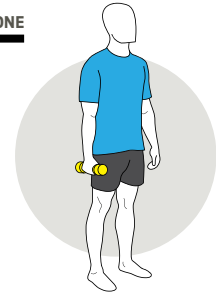
Peter is a fitness trainer for Spring Dubai based out of Emirates Golf Club. You can contact him on: peter@springdubai.com or visit www.springdubai.com for more information.



DUMBBELL LUNGE & ROTATE

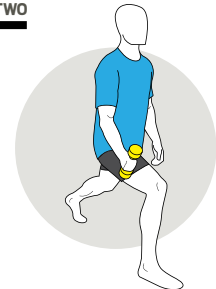
Great golf exercises improve your rotation while increasing lower body and core strength. They're more effective from a standing position.

ONE



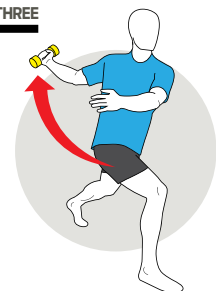
You can perform this exercise at the gym, or at home if you invest in a few light dumbbells. Stand upright with your feet shoulder-width apart holding a light dumbbell (6-10kg) in your right hand.

TWO



Step forward into a lunge position, making sure that your right knee points straight ahead, maintaining a slight flex in your right elbow. This move is great for building leg strength.

THREE



Maintaining a strong base, swing your right hand back over your right side. Be sure to look straight ahead, while turning your palm upwards. Do 10 reps, switch sides and repeat. You'll develop balance while moving on a rotational plane.