

ROTATIONAL EXERCISES FOR GOLFERS

Golf is a rotational and powerful sport and it is ideal to incorporate exercises that promote power and rotation. Working on a few of these exercises will benefit any golfer by using the muscles necessary to increase swing speed and use the proper mechanics.

1. Russian twists:

Use a weighted med-ball or dumbbell and twist from side to side. This will strengthen your obliques. If this is too easy, lift your feet off of the ground. Try to touch the ball on the ground on each side of your body.

2. Cable twists:

Hold onto the handle with two hands. Turn to the side keeping your arms straight. Focus on using your core to powerfully move the cables to the other side of your body. Repeat this exercise on both sides.

3. Med ball tosses to side:

Hold the med ball on the one side of your body and while maintaining a stable core, rotate your body to throw the ball into the wall on your opposite side. Generating this power through your legs and core will promote the essential movements during a golf swing.

