

Why a Proper Golf Fitness Training Program Will Improve Your Golf Game

By Todd Cambio, CSCS

Dated: Jul 19, 2009

Are you like many golfers who take lesson after lesson and don't seem to improve? Well, it might be due to lack of proper conditioning.

A golf specific strength and conditioning training program may be the answer for you. Stronger muscles, bones, and connective tissue all contribute to a better golf game and a reduction in your chances of getting injured.

Regular golf specific exercises can also bring on improvements in balance, muscle control and range of motion that can help improve your swing. Whether you're a novice or tournament player, you certainly want to perform as well as you can.

Here are three important aspects of your swing that proper golf strength training will significantly improve:

1. Swing range by improving your joint flexibility.
2. Swing speed by developing your muscle strength.
3. Swing power by training your postural balance and coordination.

Improving your golf game through better physical fitness is a must for getting better. Adam Schiber of Crystal Mountain Resort in Thompsonville, MI (Golf Magazine Top 100 Teachers in America) says most amateurs don't improve because they are "under-trained and fail to retain their innate movement patterns."

Adam also goes on to say that you must train to make change and incorporating a proper fitness program will "improve your technique and free your mind so that you can swing like an athlete." (Golf Magazine, 2009)

Of course, this type of fitness program should include cardiovascular activity and appropriate nutrition. According to Todd M. Cambio, Strength and Conditioning Specialist and Owner of Precision Fitness, "the primary focus of any golf specific strength training program should be on safe, sensible, effective and efficient exercises designed to make you feel better and play better."

###

Precision Fitness specializes in fast fat burning workouts and athletic enhancement programs. In person and online training programs are available. Sign up for the FREE e-Newsletter that includes training tips, nutrition articles, and healthy recipes at <http://www.GoPrecisionFitness.com> or call 401-489-0551.

Category	Sports, Health, Fitness
Tags	golf fitness training, golf exercises, golf strength training, swing speed, swing power
Email	Click to contact author
Phone	401-489-0551
Address	535 Centerville Road Suite 102

State/Province Rhode Island
Zip 02886
Country United States
Link <http://prlog.org/10286289>



Scan this QR Code with your SmartPhone to-
* Read this news online
* Contact author
* Bookmark or share online