

Improve Your Game with Golf Resistance Training

The key to improving your score, enjoying the game more, and feeling better, is golf resistance training. No matter how old you are, resistance training can help you get into shape and fend off disease.

For golfers, resistance training, or strength training as it's also called, can help add power to their swing, improve endurance for making it through all 18 holes, and loosen muscles to prevent injury. Resistance training may consist of lifting weights or working out on machines at a gym. In addition, you can do resistance training at home using everyday household items.

The most important first step is to talk with your doctor. Resistance training should be considered strong "medicine," if only because you could injure yourself if you don't know what you're doing or aren't sure how intensely you should be working out. Once your doctor gives you the go ahead, you have another important hurdle to cross. Should you or shouldn't you buy a gym membership? This question is easily solved with a little effort. Find the gyms in your area and visit each one. Most gyms will give you a free tour, or possibly a free week's worth of visits. So take advantage of these offers to check out the clientele and decide if you will be at ease and satisfied with the equipment.

If you decide that you don't feel comfortable at a gym, or if you don't want to pay for a membership, you can do your golf resistance training at home. When you first start out, you may not even need to buy any free weights or other equipment.

For example, one great exercise for your legs involves just squatting down. You can lean against a ball for support or do it in the middle of the room for a more challenging workout. Begin by putting your hands on your hips. Then, bend your knees while keeping your spine straight. Lower your body as far as comfortable, or until your thighs are 90 degrees to the floor. Push up.

Another great golf resistance training exercise for your legs involves sitting in a chair. Sit at the front of the seat, keeping your back straight. With one foot placed firmly on the floor, straighten your other leg until it is parallel to the ground. Repeat the exercise with the other leg.