

## From “Tee to Lean”

By John Fairchild



The golf swing is the most complex movement of all sport actions. Posture, timing, rhythm, balance, strength, mobility, flexibility and mental patterns are all detrimental to a good consistent swing. Any inefficiency in any area will result in a breakdown of a proficient swing.

The goal of the game is to progress to a developed pattern of timing movements through golf specific training. This can only be accomplished through practice drills and regular participation in the game. The basic biomechanics I teach are: mobility, flexibility, stability, strength, power and balance. If any of these areas are weak on a golfer it will only lead to an inefficient golf swing no matter how much you practice.

Remember, practicing a non efficient swing pattern will lead to “trained” improper movements thus resulting in miss-hits on the golf course. Your practice time is extremely important in playing better golf. To get the most out of your practice time you have to allow your body to move freely through the proper fundamentals of the swing. Poor technique due to immobility, tight muscles and improper balance leads to inconsistent scores. Any tightness that inhibits flexion, extension or rotation within any joint will result in a repeated poor swing pattern.

Muscle memory (motor memory) is a conscious effort to put the body in a particular position, or to have it move in a certain way. Progress results when movement is transformed from a conscious action to an automatic action requiring no thought.

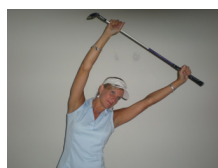
*Hit it farther, straighter and more consistent with some of my favorite training techniques. This is just a quick sample of many great exercises to incorporate into a routine thus allowing the body to move freely through the proper planes of the golf swing.*

### **Prior to practice or playing a round:**

Athletes strongly believe and follow specific warm up and stretching routines before any sport—golf isn’t any different. It requires multiple joint actions with extremely dynamic movement.

Warm up for 5 minutes by walking around the course or clubhouse. Then, using a towel or a club, perform dynamic stretching (mobility movements – slow controlled active joint movements). Stretch in comfort and trying to go a little further per each rep.

1. Frankenstein hip rotations – (stand upright holding a club or towel shoulder width apart and arms straight in front of you. Rotate to each side while keeping the hip fairly stable.
2. The “sway” overhead side bends.



3. Touch your toes hamstring stretches. Club held behind legs – not coming up all the way.



4. Feet close together 3 quarter golf swing. Hip stays stable and swing for about 30 seconds.



Use a spaced grip for more stretch in your back and shoulder.

*Do 10 reps for each exercise or per side except for number 4.*

**After the round:** This is the best opportunity to increase muscle flexibility:

1. Cat and Camel stretches. *Do ten reps- hold each position for 5 seconds.*
2. Side lying clock rotation stretch. *Do five to ten reps-hold for 10 seconds*
3. On knees back (lat) stretch. *Do five to ten reps-hold each for 10 seconds*
4. Seated Hamstring stretch. *Do five to ten reps-hold each for 15-20 seconds*

1.



Move your hip and back from a rounded position to an arched position.

2.



Start on one side with leg extended and slowly allow your shoulder to come to the floor toward an eleven or one o'clock setting on a clock. Keep leg and non moving shoulder on ground.

3.



Start on hands and knees and slowly sit back on your heels and extending your arms in front of your body with your thumbs facing up.

4.



Sit on a chair, bench or stability ball. Extend one leg and allow your chest to slowly come toward the knee keeping your foot flexed.

**In between playing days:**

1. Supine wide stance knee drops. *Repetitive slow controlled movement for 30 seconds*
2. Pronated and side plank holds. *Eight to ten reps-hold for 10-30 seconds*
3. Single leg cross arm stork turns (mimic golf set up). *20 times*
4. Heisman trophy cable pulls with rotated knee lift. *2 sets of 12 each side*

1.



Start on back with knees bent and slightly wider than shoulder width apart. Let knees drop to one side focusing on the inside knee dropping toward your other foot.

2.

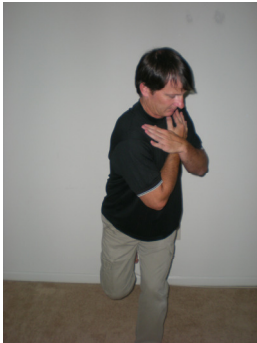


\*Can be done on your knees to make the exercise slightly easier.

Side plank

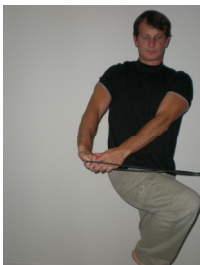
Pronated elbow/toe plank

3.



Assume your regular golf posture and then proceed to balance on one leg. Cross your arms and slowly rotate your shoulder line to each side while maintaining balance. Great for balance, stability and hip/knee function.

4.



Fix elastic band to a secure area hip height or higher. Pull band across body while lifting and rotating opposite side knee. Requires balance, strength and mobility of your core, legs and hip.

Golf is one of the most enjoyable yet complex sports in the world. Use these exercises to help you break a 100, 90 or even an 80 consistently.