

GOLF FUNCTIONAL TRAINING

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Golf Functional Fitness Training is an essential part of golf fitness training. It provides strength and conditioning exercises for the way we all move, work and play every day. It is a system of training methods that integrates individualized functional movements with essential fitness components to form a comprehensive exercise program: aerobics, strength conditioning and flexibility.

The Golf Functional Fitness approach:

Strengthen the Core Emphasizes “core stability”. This component of the system builds a foundation of hip and abdominal strength that supports proper body movement and stabilizes the spine. We often begin by using the body’s own weight in basic exercises until we are sure of a individual has attained a minimum level of core strength.

Multidirectional and Multiplane Movement Traditional exercise machines work muscles in one plane only. Real life takes place in three planes. Exercises that integrate three planes of motion, preparing the participant for the true demands of golfing will enhance their performance and reduce the chance for injury.

The Golf Functional Fitness approach uses conditioning techniques that take into account the ways you actually play the game of golf.

Uses the Body’s Natural Motion Functional Golf Fitness techniques are based on principles of biomechanics that concentrate on the body’s natural motion. Each person has his or her own natural motions.

Balance and Coordination Golf Functional Fitness emphasizes balance, coordination and body awareness in everyday activities in a way that traditional resistance training does not. Rather than focus on isolated muscles, functional training uses multiplane, multidirectional exercises that challenge and improve balance and coordination. This reduces the risk for injury and allows the body to move efficiently, with less effort.



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