

## The Importance Of Weight Training In Your Golf Game

Though not many golfers may agree with it, the truth lies in the fact that golf weight training routines play a very important role in improving the game of a golfer. Golf, indeed is a very sophisticated game that people of all ages and gender like to take up as a hobby but little do they realize the importance of fitness and weight training programs that can bring about a radical improvement in their game. These fitness programs may consist of a package including weight training sessions, bending and stretching exercises and so on. The Importance of Golf Weight Training So let's understand in depth the reason why we need to be fit for a game like golf where the body appears to move in a very restricted manner. Yes, this is exactly what an amateur or an onlooker may feel while watching a game of golf. But in all practicality things are quite different from what they seem to be. In fact it is quite surprising to note that right from the feet to the hips a golfer has to be extremely flexible, because this is what the game demands. In fact, we can't attach any lesser importance to the arms, shoulders, and neck regions all of which contribute to a golf swing. Therefore we cannot negate the importance of fitness and exercise, even in a sport like golf. But now the question arises as to why we should get into weight training routines. Golf certainly does not involve struggling with heavy weights so where does the need come for bodybuilding? Moreover the presence of muscles may cause inflexibility in one's body. However, experts and professional trainers view golf weight training in an entirely different light. According to them weight training does not necessarily mean working on the muscles. It can also be done to improve the overall strength and endurance of one's body. So trainers have a different term that they have assigned for weight training routines and this is known as "golf strength building". Most golf exercise programs include only those weight training programs that will enhance the flexibility and performance of a golfer's body. In fact it is of utmost importance for a golfer to keep his muscles toned and conditioned. It is the flabby and weak muscles that come in between a golfer and his sport. Regular exercises and weight training on the other hand always ensure that a golfer has a body that will match up to the expectations of his sport. Conclusion It is therefore very important for a golfer to choose a fitness program very carefully. The right exercises can really leave a positive impact on his game and help him excel in it. So if your dumbbells are still rusting somewhere around your house, pick them up and get into a regular exercise routine. For all those golfers who would like to pursue golf with the true zeal and spirit, getting enrolled in golf weight training routines is probably one of the sure shot ways of gaining a distinct advantage in this game.

### About the Author

Quick Guide for Trainers and Trainees. Quick Guide for Trainers and Trainees. Contact Elizabeth Goldberg Head, Capacity.

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