

A Golf Fitness Coach Equals Great Golf

or program is the trainer's experience in golf. Yes...that is high on the list of requirements. Does he/she know golf? Do they know the biomechanics of the golf swing? How about muscle function during the golf swing? An easy test is during the initial interview or if you're researching it online is to either ask very golf specific swing technique questions; or take a look at the information on the website. You'll find out real quick if this person or program can help your golf swing, game and health. A golf fitness coach or program should incorporate strength, flexibility, endurance, body awareness, balance, stability and even a nutrition component. It's easy for a trainer to have a strength component...but is it specific to golf? A quick test. Take a look at some of the exercises. Are any of them on seated machines for instance? If they are...run! This is NOT a golf fitness coach and/or program. This is considered 'general fitness'. Now stretching. There are dozens of stretches for all people. But take a look at some of them. Do they even remotely look like they will benefit your golf swing? Stretches involving trunk flexibility; lower back; hamstring; and even shoulders specific to the mechanics of the swing are what you want. General stretches are better than nothing, but will delay your results. You want specific stretches. Body awareness. Does any of the exercises resemble golf positions or phases of the swing? Do they look like you would be on your feet and in your golf posture? As stated above, if they are seated on machines, your body will learn nothing in regards to your golf swing. Training your body specific to golf incorporates positions almost identical to what your body would be in during any part of the golf swing. Stability. Training your body to improve stability in your swing can get a little complex if you really want to see results. The swing happens at between 80-100 miles an hour. One of the biggest flaws of amateur golfers is moving in their golf swing. Moving either laterally (sliding), vertically (up and down) or both. This is death to your golf swing. To improve your stability involves specific strength drills most trainers don't even know about. I could go on-and-on about the requirements of a golf fitness coach or program. It is critical you make the right decision. I have heard horror stories of golfers working with 'so-called' golf fitness experts and their game getting worse. With the proper research this won't happen to you. So definitely consider a golf fitness coach.

About the Author

Exercise video reviews by consumer reviewers, plus advice and motivation from a large community.

Source: <http://www.productsherbal.com>