

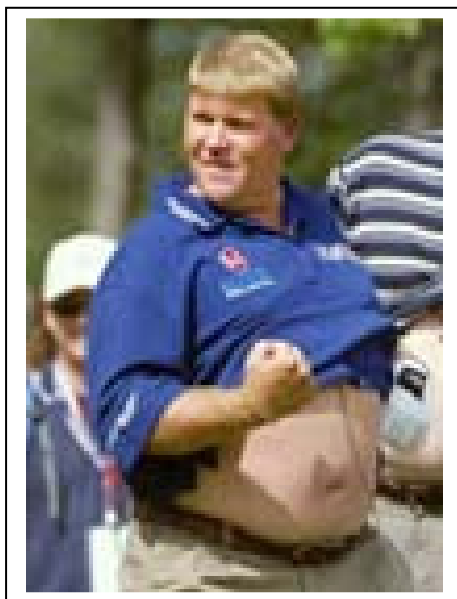
Big Muscles or Smart Muscles?

Smart Move 1

You've read my articles, you've realised that it is the body that swings the club and it's about time you take a look at what you can do with it these days. So instead of spoil yourself with a 300 quid driver, you are going to spoil your body with a years subscription to the local gym. Smart move...you will probably live longer, however it doesn't guarantee that you will hit the ball further yet.

Smart Move 2

You don't dive straight onto the pec masher machine and blow a hernia, you find the staff or a resident personal trainer and get yourself thoroughly screened. Find out your strengths and weaknesses, formulate a plan with them...and stick to it. I would recommend you work on flexibility and stability together first for at least 6 weeks before you tackle any strength components. Gradually build up your CV tolerance also during this period. Build this good foundation before you go golf-specific with your training programme. And above all....never wear lycra.



Smart Move3

Get in touch with your golfing muscles. Building bulging "beach" muscles won't help you hit it further. Extreme yoga without stability isn't going to help either. Turning yourself into an i-pod hamster with 2 hours on the aerocrossgliderstepthingy machine isn't ideal.

Bombing a golf ball is about raw power, it's about your ability to dynamically express strength and ballistic speed ...macho eh?

Golfing muscles are long and fast. They can fully load and unload to produce strength, but not at the expense of stability and balance. They are explosive yet perfectly timed in their action. There is no substitute for power, but you will

get no power without flexibility, stability and functional strength. Power is not always a great friend of precision. Think of yourself as a throwing athlete, but instead of propelling that javelin or discus into an open field, you are aiming it at a dartboard.

Smart Move 4

Dumb exercises build dumb muscles.

The modern gym is dominated by machines. Easy to use, safe, undemanding in terms of movement ability, unchallenging in terms of reflexes and balance and space efficient. Single movements, often training single muscles in just one dimension. A long way from the balletic total body synergy of the golf swing. Stick to the machines and you may build some half decent looking muscles, but they will be short, in-efficient and will be disconnected from the brain when it comes to using them. Don't get me wrong...use the machines correctly and they will be a great part of your training schedule...but only a part, and used in the right way because you are going to mix the dumb exercises with your smart exercises.

Smart exercises train the body with respect to it's true function ... training by human design, not by machine design. They are expansive, multi-dimensional patterns of movement challenging balance, flexibility, stability and strength often in an integrated rather than isolated fashion.

They are more fun as well!

Bob Wood