

# TIGER'S BODY

TG's fitness expert **Bob Wood** reveals what you can do to copy Tiger's fine golf physique



## 28 Power at a stretch

Tiger has told us: "I was born with natural muscle elasticity – but I still work hard to maintain it." There's no doubt Tiger is hypermobile but he still works hard on flexibility in the gym. It's important because in recent years Tiger has bulked out to add strength to his muscles. But bulk shortens the muscle, making it less stretchy. When Faldo and Duval bulked out, they lost elasticity; it affected their form. If you want to build muscles, make like Tiger and build plenty of stretching exercises into your routine.

**Tiger tip:** Work on muscle strength and flexibility together.

## 29 Sort the big guns

When Tiger was 21 he weighed 155lbs. Today he weighs 180. And it ain't fat. No, Tiger has gained weight by building up the power muscles – his thighs, the glutes in his backside, the deltoids of his shoulders and lats under them. These are the big guns that fire up the fabled X-factor produced when your legs hold on to your pelvis while flexibility permits a big shoulder coil. You can build yours, too. Use squats for your legs but also, like Tiger, use free weights – move dumbbells in expansive patterns. This gives a functional edge to your muscle-building, ensuring the muscles stay elastic as they grow.

**Tiger tip:** Isolate the power muscles and build them up.

## 30 Speedy hands

Ever noticed how Tiger's short irons thud louder into the greens than other players'? That's because the ball lands from a greater height. Tiger can use gravity to stop the ball rather than fancy-dan spin techniques. He hits his irons higher because of his incredible plyometric strength – otherwise known as hand speed. Build your hand speed by taking a garden cane and swooshing it fast through the air. Make 10 swings, finding the same high-pitched whistle with time.

**Tiger tip:** Build fast hands for quick-stopping irons.

## 31 Control at the edge

Tiger's recovery play is one of the features of his game. Even from positions of instability he stays in charge of the club. It's because he has great dynamic stability. Work on yours by grabbing a club, standing on one leg and sweeping it around in all angles. Keep taking yourself to the edge of balance before bringing it back. Your recovery play will get a real boost.

**Tiger tip:** Handle awkward stances by practising on the edge of balance.