

Problem: Unstable Core

Common cause of “Over the top” swing fault and back pain.

Exercise: Abdominal Bracing

1. Lie on your back with feet flat on floor - use pillow under head if more comfortable.
2. Draw your belly button in toward your spine while tightening your abdominals - feel like you are bracing for a punch to your abdomen. Hold 5 seconds and repeat 10x
Make sure the curve in your back remains intact – don’t flatten your back into the floor.



Problem: Stiff Upper Back

Common cause of a limited shoulder turn and lack of power

Exercise: Open Book Arm Bent

1. Lie on your side with your hips flexed a little and knees together bent to approximately 60°, arms straight out in front of you.
2. Keep your bottom arm straight and top arm bent to 90°. While keeping your lower body in the fetal position, turn your upper body to try to get your upper back / shoulders flat across the floor. Hold for 10 seconds (two breath cycles) and repeat 3-5 times on each side.



The exercises above are intended for golf performance improvement and are recommended based on the assumption that you are in reasonably good health and are not intended for injury rehabilitation. The following exercises are no substitute for individualized medical advice. You should consult your doctor before you begin this or any exercise program.

Contact the professionals at iGOLFfit for an **individualized** golf fitness training or rehabilitation program.