**Getting in Shape for Golf – Part Two**

This spring we all have more time on our hands and it is a great opportunity to focus on getting ourselves in good physical shape to play golf.

A good golf swing requires strength, coordination but most importantly flexibility. The greater your range of motion the more clubhead speed and power you can generate through impact.

The three areas of your body that you need to focus on are your upper body, your trunk and finally your lower body.

The wrists, arms and shoulders when properly stretched help to provide greater width in your swing. The further back you can swing, the greater clubhead speed you can generate.

Your trunk includes your abdominal muscles, lower back and hips. The average golfer is unable to generate much power because of their inability to coil during their backswing. Muscles that can stretch allow your shoulders and hips to coil and uncoil on the downswing creating increased clubhead speed and power.

Stability and balance are both crucial for a great golf swing. Your feet and legs provide both and in order to strike the ball flush, you need good balance throughout your golf swing.

When doing stretching exercises, it is important to do them slowly and gradually. Hold each of your stretches for about 5 seconds and stop when you feel tightness. Remember to stretch both sides of your body. The more stretches you do, the more flexible your body becomes.

Just like lightening, start your daily stretches from the ground up. Wear running shoes and some comfortable cotton workout wear for your stretching exercises.

This week I will present 12 of my favourite golf specific stretching exercises that will help you increase your range of motion for the upcoming season. All you need is the floor, a chair or the wall for support.

If you would like to try some of my stretching exercises, simply visit my website or send me an email and I will be happy to forward these exercises to you.

Cameron Burechails (Teaching Professional)

The Georgian Bay Golf Academy

baygolfacademy@bell.net

[www.baygolfacademy.com](http://www.baygolfacademy.com)

Next Week: Outdoor Practice Drills