



Golf Exercises

Caution: Full-swing exercises should be done only after proper stretching exercises.

Head-Wall Exercise

This exercise is a great warm up to test your posture control. You do not need a golf club.



- a. Assume your golf stance away from a wall or post, tilting forward from your hips. Relax your knees, allowing your forehead to touch a post or wall. (If against a wall, you may also insert a pillow or cushion between wall and your forehead, applying enough pressure to avoid dropping the pillow.) Allow your arms to drop in front of your chest. Extend your target thumb to an imaginary ball, gripping it with your rear palm as if on a golf club.



- b. Swing your arms back to the 9 o'clock position (hip high) while maintaining your spine angle and knee flex. Your head should remain the same distance from the wall. Your target arm will be parallel to the ground, thumbs pointing to the sky.



- c. Allow your head to pivot slightly away from the target, not pulling away from the wall as you swing to the top. Note how Jamie's chin has pivoted slightly out of the way to allow a full shoulder turn.



- d. Returning to impact, the head is still touching the wall and spine angle is maintained in a position similar to the address as weight shifts into target side, arms drop and the target hip has "cleared" away from target line.



- e. This transition and pivot toward the target creates room for the rear side of the body to rotate and release on the through swing. Note how the rear arm has extended and rotated to the 3 o'clock position, allowing the thumbs to once again point to the sky.



- f. The centrifugal force created by the pivot and arm swing around the spine will enable the golfer to swing to a well-balanced finish.

Rear-Wall Exercise

This exercise is similar to the Head and Wall Exercise, testing your posture control especially in the impact zone. This exercise can be rehearsed without a club, with a club and even while hitting a ball. As a safety precaution, a chair, golf bag or broken shaft may be substituted when hitting a ball.



- a. Assume your golf posture and place your rear end against a wall.



- b. Turn your torso, arms and hands to the top without letting your rear leave the wall. Feel your weight move into your rear leg as your back turns away from the target. Your head should counterbalance your rear-end, allowing you maintain contact with the wall as you swing the arms and hands swing over your rear shoulder.



- c. Returning into impact, your rear should stay against the post when you begin the downswing transition into your target leg. This will allow your arms to drop and wrists to unhinge into a desirable swing path.



- d. Keep your rear against the wall as you complete your pivot into the target leg and your arms release to the 3 o'clock position.



- e. Allow your arms to fold over the target shoulder into a balanced finish as your eyes "follow your ball."

Double-Hitchhiker Lower Arm Rotation Drill

The purpose of this exercise is to develop proper forearm rotation.



- a. Assume golf posture, extending target arm and gripping the wrist of the target arm with rear hand.



- b. Swing arms back to thumbs up ("hitch-hike") position. The forearms will rotate and rear elbow will point down to the ground as target arm extends across the chest.



- c. At impact, rotate arms and hands back to imaginary ball, assuring target hand is facing the target.



- d. Continue through impact, allowing opposite rotation of forearms and hands to thumbs up ("hitchhike") position. Target elbow will be pointing toward ground as rear arm extends toward target.



- e. Finish high with weight on target side.

Hands and Arms Set-up Drill



The Hands and Arms Set-up Drill will allow you to feel a maximum wrist cock, uncock and recock through the back and forward swing. Keeping your lower body quiet, slowly do this drill several times, swinging only the arms and hands. Once you feel the arms swinging freely and the hinging, unhinging and rehinging of the wrists, add your pivot of torso and hips.

1. Establish your address position and, without swinging the arms, turn your thumbs away from the target, allowing the forearms to roll, establishing a 90 degree angle with club shaft and target forearm. This cocking position or "set position" is shown in position 1 of the illustration on the left.
2. From the "set position," swing arms to a completed backswing with thumbs under the shaft.
3. Return to impact (position 3) by dropping arms and uncocking wrists at hip level.
4. Swing arms to finish (position 4), recocking the wrists and keeping arms in front of your chest.



Towel Exercise



The Towel-Exercise is an easy warm-up to keep your golf muscles and swing path in check.

- a. Assume your golf posture, stance and grip with a towel.



- b. Swing your torso, arms and hands away as a unit. Allow the towel to drop over your rear shoulder. Shift your weight and begin the pivot of your torso.



- c. Swing the towel freely through impact into a balanced finish with weight on target leg. Rear knee, chest and hips should face target as towel drops over target shoulder.