

Core Strengthening for Golfers



By John Reger

Over the last 30 years, the technology of the game of golf has improved drastically. We have titanium club heads and graphite shafts, golf balls that are designed to go longer distances, computerized caddies and numerous other gadgets promising to help our game. With all these incredible advances in technology, why is it the average golfer's handicap is exactly the same as it was 30 years ago? PGA professionals know that the secret to a better golf game is not a new set of clubs or the latest golfing gadget. It's core strengthening. All the pros are raving about how much better they play with a stronger and more flexible core.

As a PGA professional, I had tried every "golf" workout known to man. None of these worked for me because the exercises were too complicated, and after many weeks of training, I didn't notice any improvements in my game. I was skeptical since my past experiences with exercise had been unsuccessful. But, I loved everything about The Core Spinal Fitness System by MedX from the first workout. It only takes 20 minutes, twice a week to perform, and I can do the exercises in my golf clothes before teeing off. I chart my progression on specific workout cards, which allows me to see actual improvements in strength and flexibility. I feel very safe on these machines; I sit comfortably in them and don't have to worry about injuring myself.

The Core Workout

Core Lumbar Strength: You can't play golf well if your back hurts. Even putting puts a strain on your back as it requires the average golfer to bend down dozens of times during a round of golf. Besides helping to reduce back pain, this machine also helps improve your posture, which is crucial in keeping your club in the correct swing plane.

Core Torso Rotation: If you want to hit the ball farther, you need to create a greater angle between your shoulders and hips during the backswing. This will give you more leverage, which results in faster club head speed. By using the Torso Rotation, not only will your flexibility increase, but you will notice marked improvements in your strength.

Core 4-Way Neck: Proper neck alignment is key to hitting a good shot. Too many golfers, especially ones with neck problems, don't hold their heads in the proper position. By strengthening your cervical muscles, you will maintain the proper spine angle through the golf swing.

Core Ab Isolator: Strong abdominal muscles are vital to spinal support. By strengthening these muscles, you will improve your balance, which means better posture over the ball and better follow through.

Core Super Stretch: Golfers with poor flexibility simply cannot drive the ball very far. Most flexibility exercises are not measurable. With this machine, you not only measure your improvements, but you perform six different flexibility exercises that mimic the movements that occur in the golf swing.

Buddy Alexander, the head Men's Golf Coach at the University of Florida, had this to say about The Core: "The Core Spinal Fitness System was an enormous help during my rehab after back surgery a few years ago. It is even more helpful now as it helps to reduce back pain, strengthens my core and keeps me flexible enough to remain competitive. All golfers want to hit the ball farther and The Core not only helps with that, but also will keep you healthy enough to enjoy golf into your later years."

John Reger is a PGA professional. For more information on The Core Spinal Fitness System by MedX, please visit www.fitness4golfers.com.