

MASTER YOUR SWING

Jesse Cooper shares 5 dynamic tips for golfers — for both professionals and amateurs.

BY JESSE COOPER

Improving your golf game goes beyond just hitting the range. There is a direct body-swing connection, and the most efficient swing for every player is based on what their body can do. Here are five fitness training tips tailored specifically to help every golfer improve their performance on the golf course:

1. PRIORITIZE MOBILITY AND FLEXIBILITY

Golf is a sport that requires a wide range of motion and flexibility. Prioritizing exercises that improve your flexibility, especially in the shoulders, hips, and thoracic spine, can greatly benefit your golf game. Incorporate dynamic stretches, yoga, and mobility drills into your routine to enhance your swing mechanics and prevent injuries on the golf course.



2. BUILD CORE STRENGTH

A strong core is essential for generating power and stability in your golf swing. Focus on exercises that target your core muscles, including planks, glute bridges, Russian twists, and medicine ball chops. Strengthening your core will help you transfer energy efficiently from your lower body to your upper body during the swing.

3. IMPROVE LOWER BODY STABILITY

The stability of your lower body plays a crucial role in maintaining balance and generating power in your golf swing. Include exercises like squats, lunges, and deadlifts in your workout routine to build strength in your legs, hips, and glutes. Not only does glute strength translate directly into power in your swing, but strengthening your lower body will also improve your weight transfer and help you maintain a solid foundation throughout the swing.

4. ENHANCE ROTATIONAL POWER

Golf is a rotational sport that requires explosive power through the rotation of your torso. Incorporate exercises

that focus on rotational power, such as cable twists, medicine ball throws, and woodchopper exercises. Training your rotational power will increase the speed and efficiency of your swing, leading to longer drives and more consistent ball striking.

5. INCLUDE CARDIOVASCULAR CONDITIONING

Endurance and cardiovascular fitness are essential for maintaining focus and energy throughout a round of golf. Incorporate cardio exercises like rowing, cycling, or swimming into your routine as great, low-impact ways to improve your stamina and overall fitness level. The rowing machine is my preferred tool for conditioning because I believe that it also provides a great measure of overall fitness. As your mobility and



flexibility, upper and lower body strength and/or your cardiovascular conditioning improve so will your ability to rack up meters on the rowing machine. A strong cardiovascular system will help you perform at your best, especially during long rounds or in challenging playing conditions.

Golfers, professional and amateur, are turning to golf-specific fitness programs to help improve mobility, build strength, and develop their physical and athletic abilities to improve their swing. As a Titleist Performance Institute (TPI) Certified fitness professional, I can take you through a TPI screen to assess any physical limitations that might directly affect your golf swing. After analysis, I can create a program tailored to your specific needs and help you achieve a more consistent and powerful swing.

Having a plan and incorporating these fitness training tips into your routine will improve your golf performance, help prevent injuries, and enhance your overall health and well-being. Remember, consistency and proper form are key to seeing progress, so listen to your body, stay patient, and enjoy the process of becoming a fitter, stronger golfer.



Jesse R. Cooper is a Titleist Performance Institute (TPI) and certified fitness professional. He was also the former director of Fitness at South River. He now is the owner of Get Smart Fitness and can help you with all of your fitness goals.