

Fitter for Golf



Your guide to a stronger golfing body

Stability: Plank



Body facing the floor, support your bodyweight on your forearms and toes, keeping legs straight with slight bend at the knee, feet hip width apart and elbows below the shoulders. Maintain neutral spine and hold position. Hold for as long as possible and don't forget to breathe.

Stability: Side Plank



Lying sideways, one foot on top of the other, lift hips, supporting bodyweight with elbow under shoulder, forearm and hand making contact with the floor. Keep spine neutral and hold position. Change sides and repeat.

Stability: All Fours Superman



On all 4's keeping a neutral spine raise 1 arm in front until in line with your head; lift opposite leg simultaneously until knee is in line with hip. Lower to start position and repeat on opposite side.

Stability: Golfers Stability Twist



Place a golf club across your shoulders holding it at both ends. Stand on one leg and push your hips back so that your back is bent forward at about 20°. Rotate the upper body left and then right in a controlled manner, maintaining a neutral spine throughout. Change supporting leg and repeat.

Stability: Lying Angel Wings



Lie with your back to the ground, knees bent and feet in contact with the floor. Arms bent at approximately 90° at the elbow and out to the sides with elbows just below the shoulders. Raise arms above your head keeping your elbow and wrist in contact with the floor. Lower to start position and repeat.