

# **THE** *6 week* **PLAN** *For Unfit Golfers*

**THE ULTIMATE**  
**Guide for**  
**Golf**  
**Players**

**Improve  
Your  
Game**

## ABOUT AUTHOR



Pete Burns has been playing golf for 6 years now.

He created his site and this e-book to help golf beginners kickstart their hobby or even career with advice, information and recommendations on what is best for him and them.

Those recommendations are in the form of online learning courses from Clickbank as well as accessories and gear from Amazon.

# CONTENTS

<b>INTRODUCTION.....</b>	<b>4</b>
<b>Week 1: Getting Started .....</b>	<b>6</b>
Getting Started: Warm Up.....	7
<b>Week 2: Stretching And Cardio.....</b>	<b>10</b>
Stretching Training.....	10
Cardiovascular Training.....	11
Cardio Training For This Week.....	11
Golf Stretching Program.....	11
<b>Week 3: Flexibility And Cardio .....</b>	<b>16</b>
<b>Week 4: Strength And Flexibility.....</b>	<b>19</b>
Improved Distance.....	19
Strength Training For Golf Can Reduce Injuries.....	20
Strength Training Program: - The Basics.....	20
Your Task for This Week.....	20
<b>Week 5: Advanced Strength And Flexibility .....</b>	<b>23</b>
Your Task For the Week.....	23
<b>Week 6: Design Your Program .....</b>	<b>26</b>
Diet and Nutrition Tips for Golfers.....	28
<b>CONCLUSION .....</b>	<b>33</b>
<b>Bonus: Pre-Game Warm-Up Routine .....</b>	<b>35</b>
<b>Recommended Reading.....</b>	<b>40</b>
The Stress Free Golf Swing Review.....	40

# INTRODUCTION



**S**OME MAY CLAIM GOLF IS NOT A PHYSICAL SPORT, BUT THEY WOULD BE wrong.

Just like in basketball, football or baseball, players must be in shape to play their best game.

While you do not have to be Tiger Woods to play a great round of golf, a higher fitness level equates to better results.

This fitness e-book is packed with golf-specific activities to help you improve your game and lower your scores.

Such as stretching, flexibility, strength, and cardio routines designed to help you become more golf-fit.

We use the term golf-fit intentionally.

This program is not intended to bulk up your body or make you look good in a swimsuit.

The activities are all designed to help you perfect your golf swing, your golfing balance, and your endurance on the course.

It is our goal that by following the program, you'll see a dramatic improvement in your golf game and scores.

Our program can be used by golfers of all ages.

Young and old, men and women, these activities will help improve flexibility, stamina, and endurance for everyone.

Because it would be impossible to know the fitness level of everyone reading this e-book, we have intentionally started on the lower end of the scale.

For best results, follow the program and make any necessary adjustments to match your current level of fitness.

### ***Disclaimer***

Before beginning any fitness program—including the one presented in this e-book—always check with your doctor to ensure that it is safe.

None of the exercises suggested in this program should produce pain. It is normal to feel some discomfort as you begin to work muscles that have not been exercised in a long time, but you should never feel sudden, sharp pain. If you do, stop the exercise and seek medical attention if needed.

If you have not been exercising for some time, start off slow and work your way up to the pace that feels comfortable for you, without being too aggressive.

### ***Assumptions***

This e-book makes certain assumptions:

We assume that you already know how to perform a golf swing, and that you are familiar with the game of golf in general.

We assume that you do not have access to a local gym or fitness center.

The exercises in this e-book can be performed using inexpensive dumbbells or items commonly found around the home or office.

We assume that you do not have a medical condition that would preclude you from participating in a fitness program.

If you do have any medical condition that limits your fitness ability, get permission from your health care provider before starting this program.

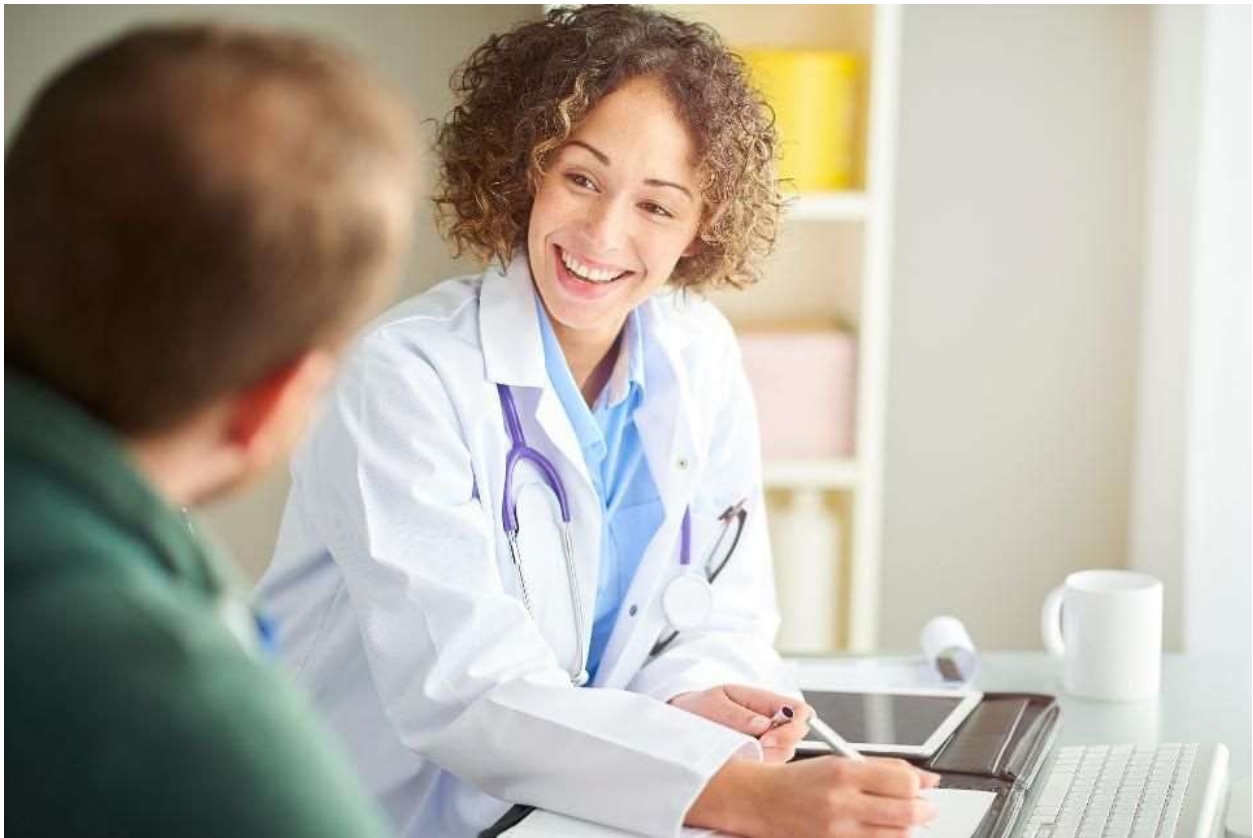
We assume you will be doing the activities alone, but if you can find a fitness partner (husband, wife, or friend), you may find the program to be more enjoyable.

While this program is designed for golfers, anyone can benefit from it.

**NOTE:**

Before you continue, make sure you check out this amazing product [Stress Free Golf Swing](#) where you will learn the simple secrets to shave at least 7 shortcuts to improve your golf strike.

# Week 1: Getting Started



**A**S WITH ANY OTHER TYPE OF FITNESS PROGRAM, THIS ONE REQUIRES SOME preparation.

The following suggestions should be implemented during the first week of training.

## 1. Get Medical Permission

It is highly recommended that you see your doctor or health care professional to get permission to undergo this fitness program.

Tell your doctor that you are about to take a golf fitness program.

He or she can then check the appropriate health aspects as they pertain to you.

Once you are certified fit, you are good and ready to proceed to the next step.

## **2. Venue To Exercise**

You will need to find a venue to exercise.

This area does not have to be overly spacious.

But you should have enough room to avoid knocking anything over.

If you are exercising on a hard floor or want an extra layer of cushioning, you may wish to purchase an exercise mat.

## **3. Equipment You Need**

For strength training, you will need two 5 lb. dumbbells.

Alternatively, you can fill a 1-gallon container with water. By varying the amount of water, you can adjust the weight.

## **4. Suitable Path For Walking**

Much of the cardio work in this program involves walking.

Find a suitable walking path or street route and mark off distances of 1/2 mile, 1 mile, and 2 miles.

## **5. Adjust Your Diet Plan**

Being overweight can severely restrict your ability to make a good golf swing and can hamper your endurance level.

For best results, find an appropriate diet plan to help you develop healthy, long-term eating habits.

## **6. Notebook To Monitor Your Fitness Program**

Set it up so you can monitor your progress throughout the 6-week program and beyond.

### **Getting Started: Warm Up**

During this first week, there are plenty of tasks that don't directly involve physical fitness.



Use this time to warm up your body and get your muscles ready for next week, when the real work begins.

Once you have your walking route planned, begin by walking as far as you can, up to one mile, and noting the time it took and the distance traveled.

Do not attempt to push yourself too hard this first week.

If you find that you can only walk 1/4 mile or so before becoming winded, stop there.

As you progress through your cardio program, your distance will naturally increase.

Try to walk at least 4 times during this first week. Again, jot down your distance and time for each session.

### ***Primary Stretching***

Your goal this week is to begin stretching your muscles to prepare them for the more strenuous activity next week.

### **Do Not Skip This As It Is Your First Critical Step!**

Muscles, ligaments, and tendons should be stretched slowly to avoid injury.

Bypassing this first week of stretching will increase your risk of injury.

### ***Arm Circles***

This simple exercise can be used not only as part of this program, but also in your pre-game warm up.

It is a great way to get blood flowing to your upper body while stretching some of the most important muscles used in the golf swing.

Start by standing with your feet shoulder-width apart.

Extend both arms out to your sides, keeping the elbows straight.

Keep your head erect, your chin up, and your shoulders down.

Begin by making small circles with your arms. Do 5 circles forward and then 5 in reverse.

Slowly increase the speed and size of the circles, adjusting to your level of fitness.

### ***Knee Lifts***

Place a sturdy chair to your right side. Use the chair for balance as you bring your right knee up.

Hold for 5 seconds and lower it back down.

Do 5 reps, and then move the chair to the left side to repeat.

### ***Body Twist***

Hold both arms out to your side. Keeping your arms straight, rotate your torso to the left and hold for 3 seconds.

Return to center and pause before rotating to the right, holding for 3 seconds.

Repeat 10 times.

### **NOTE:**

**Keep Your Head And Chin Erect And Facing Forward As You Do This Exercise.**

The above exercises should be performed twice a day for the entire 7-day period.

However, if you experience any discomfort or pain, please stop immediately and seek medical advice.

## Week 2: Stretching And Cardio



**A** GOOD GOLF SWING DEMANDS ADOPTABILITY AND FLEXIBILITY.

### Stretching Training

The key to increased flexibility is stretching.

Last week we began warming your muscles to prepare them for your first week of stretching.

This week, we will build on those stretches and begin to boost cardio conditioning to improve your endurance.

The importance of stretching your muscles cannot be overstated.

In addition to preventing injury in the neck, back, shoulders, and lower body, it also improves your overall flexibility, which is the key to a fully extended golf swing.

## **Cardiovascular Training**

While it is true that golf may not require the same level of cardio training as other sports, anyone who has walked 18 holes knows covering that distance alone can be a challenging task.

This program is designed to help you build your endurance level and increase your stamina.

### **Cardio Training For This Week**

Last week, you began your walking cardio program.

This week, you will continue with the goal of improving your distance by at least 1/4 mile, or 25%.

During this second week, we are not particularly concerned with time.

Take as much as you need.

If you need to stop and rest for a bit, do so.

If you cannot increase by the full 25%, just do what you can. Jot down your results in your notebook immediately after each session.

Shoot for at least 3 walking sessions per week.

## **Golf Stretching Program**

Last week, you spent considerable time warming your muscles.

During this second week of fitness training, you will continue with the warm-up exercises and will also add the following.

After completing the warm-up exercises, hold each of the following stretches for 15 seconds, as long as you can do so without pain.

Relax for 5 seconds and repeat for another 15 seconds.

As you become more proficient, the muscle groups you are stretching will feel a bit tight, but should not cause intense sensation.

If you feel pain, pull back the depth of the stretch, or stop the exercise completely.

For maximum results, perform this routine at least three days per week, ideally five days.

### ***Shoulder And Chest Stretch***

To perform a full golf swing, your shoulders and chest muscles must be limber and agile.

This simple exercise can help loosen up the muscles that are seldom used in everyday life but are essential to a good golf swing.

Stand with your feet shoulder-width apart. Put both hands behind your back, interlocking your fingers.

Slowly, raise your arms as you bend forward. Do not press this one too far, but instead focus on hanging loosely.

Your ability to fold forward will increase as you go through the program.

Hold for 15 seconds and lower your arms.

Release your fingers and shake your arms.

Repeat.

### ***Shoulder And Arm Stretch***

Place your left arm across your chest.

Place your right hand on your left elbow, pull your straight left arm toward your chest, and hold.

Release and repeat with your right arm.

### ***Big Back Stretch***

This is an excellent way to loosen up your back muscles.

Begin by kneeling on your mat, and then lower forward until your forehead is on the mat.

Bring both arms out in front of your head.

Slowly, slide your arms forward until you feel a pull in your back. Keep your bottom is resting on your heels.

Once your arms are fully extended, slowly alternate moving them to your right and left.

Hold for at least 15 seconds, and then gradually sit up.

Repeat.

### ***Low Back Stretch***

Many golfers, both fit and unfit, experience lower back problems.

Stretching those muscles is a highly effective way to avoid low-back pain.

Start by lying on your back with your left knee pulled up to your chest, right leg straight on the floor.

Using your arms, guide your left leg toward your right side and hold, keeping your shoulders down against the mat.

Bring your left leg back to the starting position, and slowly lower it to the floor.

Bend your right leg into your chest and repeat.

Do 5 reps on each side.

### ***Inner Thigh Stretch***

Sit on your mat, keeping your back straight, and place your heels together.

Using your hands, gently pull your feet back toward you until you feel a stretch in your inner thigh.

Hold for 10 seconds and relax.

Do 10 reps.

### ***Squat Stretch***

Standing with a chair to your side for support (if necessary), slowly squat down and hold for 5 seconds.

Rise take a breath and repeat.

Do 10 reps.

### ***Quad Stretch***

Using a chair for balance, stand with your legs shoulder-width apart.

Lift your right foot and grab it from behind with your right hand. Pull your foot upwards and hold.

Lower the right foot and repeat with the left.

Do 5 reps on each side.

### ***Wrist And Forearm Stretch***

This is an easy stretch that can bring about amazing results when done on a regular basis.

Hold one arm out in front of you.

Using your other hand, grab the fingers of the outstretched hand and pull them back. Hold for a count of 5 and release.

When done correctly, you should feel a stretch in your forearm and wrist.

### **NOTE:**

You are not limited to these stretches.

If there are others you are familiar with and enjoy, incorporate them into your stretch sessions.

There are literally hundreds of stretches, and the right combination can target every muscle group in your body.

The more you do, the more flexible your body will become, and the better your golf swing can become.

Muscle suppleness allows you to increase club head speed, which is the key to longer drives and better accuracy.



## Week 3: Flexibility And Cardio



**M**USCLE STRENGTH IN THE ARMS, LEGS AND CHEST IS IMPORTANT.

But it should not serve as the main power source for your golf swing.

Flexibility is what you need to hit faster club head speeds.

The amount of distance you put on a golf ball is directly related to how fast you can swing the club, not how strong or muscular your arms are.

Many recreational golfers are not aware of this simple fact.

The only way to generate faster club head speed is to become more flexible.

As your body limbers up and you can make a fuller backswing, your distance will improve significantly.

However, flexibility is not enough in and of itself. Balance is crucial for the proper weight transfer required in most golf shots.

It is also important for those shots when your feet are not on level or stable ground (such as in the sand trap).

Flexibility and balance work together.

One without the other will not do you much good when it comes to improving your golf game.

Your task for Week Three is to continue with the stretching exercises from last week, adding 50% more to each set.

Do not push yourself if you cannot handle the full 50% increase, do the best you can.

Also try to increase the number of sessions this week, with a goal of 5 stretching sessions.

This week's cardio goal is to increase your walking distance by at least 25%.

If you can do more, all the better.

If you cannot make it to 25%, do not beat yourself up about it.

Do what you can and focus on the progress you're making. Keep track of your cardio training in your notebook.

In addition to last week's stretching exercises, include the following:

### ***Trunk Stretch***

You will need a long club or broomstick to do this exercise.

Stand with your feet shoulder-width apart.

Put the club or stick behind your neck, holding one end in each hand.

Slowly, turn your upper body to the right as far as you can, and hold for a count of 5.

Return to center, and then turn to the left as far as you can. Hold and return to center.

Do 10 sets on each side.

### ***Swing Stretch***

Using the same set-up as above, bend forward as if taking your normal golf stance.

Turn as if you are in your backswing, and hold. The movement will come from your shoulders and hips.

At the top of your backswing, hold for a count of 3, and then slowly reverse directions as if coming into your downswing.

Continue as if making your follow-through motion.

Perform this activity as often as possible, even if you cannot do the others.

This exercise provides numerous benefits, including increased flexibility for those muscles used in the golf swing.

### **NOTE:**

During Week 3, if you begin to get bored with your cardio training, feel free to incorporate other activities in lieu of or in addition to walking.

Some alternatives include riding a bike, swimming laps in a pool, or jogging.

If your walking or jogging route is mundane, consider taking different paths that have more to offer in terms of visual interest.

The most important thing is to continue with a cardio activity you enjoy increasing your heart rate and build stamina.

## Week 4: Strength And Flexibility



**I**N PREVIOUS WEEKS, I SAID THAT YOU DO NOT HAVE TO BE MUSCLE-BOUND to make a good golf shot.

Even so, you do want your muscles to be in top shape and good working order.

That is where golf-fit strength training comes into play.

Strength training for golf is not the same as strength training for football or baseball.

Golfers are not as concerned with muscle mass as with muscle performance.

Let's take a quick look at how golf-fit strength training can help you, both today and in the long run.

### Improved Distance

Experienced golfers say it takes less than two seconds to complete a golf swing, from start to finish.

During this short amount of time, an enormous amount of energy is generated in the body and then delivered to the golf ball.

Flexibility is the key element in generating torque, but you need your muscles to be in good shape to generate faster, yet controlled, club head speed.

This leads to greater distances and more accurate shots.

As we all know, golf is not a one-hole game.

Your muscles must be strong enough to sustain a high-performance level from the first tee to the last putt.

### **Strength Training for Golf Can Reduce Injuries**

When you undertake a flexibility and strength regimen designed for golfers, you are not only loosening and toning your muscles, but also helping to prevent injury.

Muscles that are cold, tight, and weak are most susceptible to strain during a round of golf.

### **Strength Training Program - The Basics**

Strength training for golf does not have to be complicated or time-consuming.

If you have access to a fitness center, all the better.

If not, you can exercise your muscles at home with a few simple items.

### **Your Task for This Week**

Continue with the stretching and flexibility exercises from previous weeks. If possible, increase your reps by 25%.

Continue with your cardio program and try to increase your distance by at least 25%.

In addition, add the following to your exercise routine:

## ***Standard Push-Up***

The push-up is a great way to strengthen the upper body and arms.

If you cannot perform a standard push-up, modify the position by dropping your knees to the floor.

Everyone has a different level of upper-body strength.

This week, do as many push-ups as you can, and add an extra one each day. Keep a record of your results.

## ***Leg Lift***

Your abdominal muscles play a major role in your golf swing.

You can work these core muscles with this very simple exercise.

Lay on your back with your arms outstretched to the side. Keep your legs straight out, feet together.

Raise both of your legs at the same time until your heels are about three inches off the floor.

Hold for a count of 5 and lower.

Rest for a count of 10, and then repeat.

Do 10 reps.

### **Note:**

You should feel a stretch in your midsection as you do this exercise.

Once you have achieved some abdominal strength which may take a few weeks, work your other stomach muscles by varying the height of your heel lifts.

You will feel the stretch in different parts of your abs as you adjust height.

## ***Side Leg Lift***

Lie on your side, using your hand to prop up your head.

Lift your top leg as high as it can go and hold for a count of 10.

Lower, rest for a count of 10, and then repeat.

Complete 5 sets, and then turn to your other side and repeat.

This exercise will strengthen both your inner thigh muscles and lower abdominals.

### ***Club Squat***

Place your club or broomstick behind your neck.

Stand with your feet shoulder-width apart, and slowly squat until you are about 50% down, your knees bent at a 45-degree angle.

Hold for a count of 10 and come back up. Repeat 10 times.

In addition to increasing thigh strength, this is also an excellent way to improve your overall balance.

The goal is to flex and strengthen your thigh muscles.

## Week 5: Advanced Strength And Flexibility



**S**O FAR, YOU HAVE BEEN WORKING ON YOUR STRETCHING, FLEXIBILITY, cardio and strength training.

Now, we will introduce resistance training exercises designed to build strength.

Resistance training improves blood flow and works the tendons, ligaments, and joints that might have been missed in other exercises, helping to improve your overall flexibility.

### Your Task For The Week

Continue with your stretching and flexibility exercises.

Try to increase your reps by 25% over last week's results.

Your cardio task for this week is to increase your distance by 25–50%.



Your ultimate goal is to walk three to four miles without pain or severe discomfort.

If you are unable to reach this goal within the 6 weeks of this program, continue with it until you are able to easily walk several miles. With consistent effort, you will eventually reach this goal.

In addition to the above, include the following in this week's exercise routine:

### ***Twisting Lunge***

You will need a lightweight dumbbell, or milk jug filled with water, to complete this exercise.

Stand with your feet about 6 inches apart. Hold the weight with both hands in front of you, arms hanging down.

Step forward into a lunge with your left foot, raise the weight to chest height, and hold.

As your left foot hits the ground in front of you, twist your torso to the left as well.

Return to the starting position.

Repeat for the right side. Do 10 reps total for each side.

The Lunge Twist works several muscles and joints at the same time and also helps to improve balance.

As you become more powerful and agile, you may need to increase the reps or complete additional sets.

### ***Hamstring Stretch***

This activity will work many of your muscles at the same time.

Not only will it strengthen your hamstrings.

But it will also improve the strength and flexibility of your hips, abdominals, and lower and upper back.

Stand with your feet shoulder-width apart.

Raise both arms over your head and hold your hands together.

Slowly, twist your trunk (head, shoulders, and torso) to the right and hold.

While still facing to the right, bend forward and bring your hands down toward your feet.

When you reach the point where you cannot go lower, stop, count to 3, and slowly begin to recover until your arms are overhead again.

Rotate to the center.

Repeat by turning to the left and bending as you did on the right side.

Try to do at least 10 reps on each side, adjusting to meet your level of tolerance.

Do not press too aggressively with this exercise.

Try to keep your legs straight as you bend forward.

You do not necessarily have to touch your feet.

Just do what you can.

Over time, you will begin to see improvement in your strength and flexibility.

### ***One Arm Push-Up (Assisted)***

With your feet slightly less than shoulder-width apart, place one hand on a sturdy wall.

Slowly lean toward the wall until your supporting arm is halfway bent, keeping the elbow next to the side of your body.

Hold for 15 seconds and press back up to the starting position.

Repeat 2 more times and then switch arms.

## Week 6: Design Your Program



### **B**EING GOLF-FIT IS ONE THING.

Staying golf-fit is another.

If you have reached this point in the 6-Week Program, you have already invested a lot of time and energy into yourself.

Now is not the time to stop!

What you have learned and accomplished so far will serve as the foundation of your future fitness and health.

Staying fit is a personal responsibility, and no one can do the work for you.

Now that you have a base to work from, it's time to tailor a fitness routine to your needs.

The reason we suggest setting up your own program is because the only person who truly knows your strengths and weaknesses is you.

Here are some tips on designing your own custom fitness program:

### **1. Sit Down And Devote Some Quality Time To Designing Your Unique Fitness Program.**

Do not be shy about making adjustments on a regular basis, and don't be afraid to set challenging goals for yourself.

### **2. Spend Some Time Online Looking For New Golf-Fit Exercises And Activities To Add To Your Plan.**

Many sites offer free information on golf fitness.

### **3. Continue With Your Diet Plan**

If you were overweight when you started this program, continue with your diet plan until you reach your goal weight.

You do not have to have the perfect physique to play well.

But carrying extra weight will only hamper your golf game and slow your progress.

### **4. Go Through Your Fitness Progress Notes**

A good way to begin your new fitness plan is to study your notes from the last several weeks.

You now have a list of stretching exercises, flexibility exercises, strength routines, and cardio activities.

Using a fresh piece of paper, organize your activities and the results you have achieved.

5. Look for areas where you have improved significantly, as well as areas where improvement has been slow.

This will allow you to pinpoint what you need to continue working on.

Remember, not everyone will improve in the same areas at the same pace.

## **6. Do Not Complete All Exercises At 1 Go**

Do not expect to be able to complete all of these activities on the same day, during the same exercise session.

The key is breaking them down into smaller sets.

Depending on how much time you have to exercise, select a few activities from each list, and then alternate them on subsequent days.

## **7. Schedule Your Workouts**

As you increase the distance you travel during your cardio sessions, they will take longer to complete.

You may want to schedule your cardio work on days when you do not perform your flexibility or strength exercises.

You should, however, continue to stretch for about 10 minutes before cardio work.

## **Diet and Nutrition Tips for Golfers**

These well-researched tips are not so much about losing weight as about achieving optimal nutritional health and wellness.

Golfers who apply these tips typically discover more energy, focus, and power on the course.

The food and drink you consume is what fuels your body. If you eat and drink well, you can expect good results.

Conversely, if you make poor choices, you won't perform as well.

Here are some useful tips to help you make the right choices in food and nutrition for golfers:

### **1. Avoid Sugar**

While playing. Pastry and soda will give you a sugar boost.

But you will also suffer from a sugar crash within an hour or so.

This will not only affect your ability to play well but will also cause you to lose some mental acuity.

## **2. Coffee Or Tea Break**

A cup of coffee or tea an hour before your first tee is fine.

But avoid drinking caffeine immediately before you go out.

Caffeine will affect your bladder and you will have to make a pit stop, losing valuable fluids early on in your game.

Additionally, caffeine can affect your finer motor muscle skills in the body and can cause your brain to become over-stimulated, negatively affecting your performance.

## **3. Avoid Drinking Alcohol While Playing.**

Many golfers enjoy drinking a beer or two while playing.

But this will affect your performance by lowering your coordination skills.

Like caffeine, heavy consumption of alcohol can lead to dehydration.

## **4. Have A Substantial Meal 2 To 3 Hours Before Playing**

To fuel your body, eat a substantial meal 2 to 3 hours before playing.

However, you should not eat a large meal less than 2 hours before you play.

When you eat a large meal, your body begins the digestion process.

Much of your blood flow will be diverted to your stomach, reducing the amount of blood that goes to your muscles and brain.

This will detract from your golfing abilities, physically and mentally.

## 5. Do Not Skip Meals

While you should avoid eating big meals too soon before playing, it is just as important that you do not miss meals before play.

Skipping meals will lower your stamina and endurance, causing you to become fatigued more quickly.

You would not expect your automobile to go five miles on a completely empty tank, and you should not expect your body to do so either.

## 6. Consume Fruits And Vegetables

If you cannot get a meal in before your tee time, consume some fruits or vegetables.

Apples, pears, oranges and carrot sticks will give you enough energy to last a few hours.

Again, try to avoid the sugary products often sold at the snack bar in lieu of something more nutritious.

## 7. Stay Hydrated

One mistake golfers often make is not staying hydrated.

Always bring along bottled water, especially during hot days.

Keeping your body hydrated is a simple yet effective way to maximize your game performance.

## 8. Healthy Snacks

Carry healthy snacks in your bag.

Sliced fruit and vegetables are excellent choices.

Unsalted nuts, bananas, and trail mix are also good options.

Giving your body a fuel boost every five holes or so can often result in better performance and improved mental acuity.

The above tips can help you perform better, both on and off the golf course.

But they will only work if you actually put them to use.

Commit yourself to improving your nutrition, give it 30 days, and you will see the results not only in your course performance, but in how you feel on a day-to-day basis.



## CONCLUSION



**G**OLF FITNESS IS BASED ON A SIMPLE CONCEPT: THE FITTER YOU ARE, THE better your game can be.

Swinging the club freely and fully is a key component to making any type of shot.

Walking the course without pain, discomfort, or breathlessness will allow you to give it your all throughout the whole game and over the complete course.

When you are fit and conditioned, you can concentrate on your tactics and strategies and put them into action much easier than when you are out of breath or facing muscle fatigue.

Improving your level of golf fitness is a personal responsibility.

No one can take your place on the exercise mat or the walking trail.

You need to do it yourself.

One step at a time, one day at a time, one week at a time.

Some of those reading this program will fail, simply because they give up.

Every man, woman, or child can find a source of motivation, even when the going gets tough.

It is up to you to find that one thing that will pull you up when you are ready to quit.

But even if you do quit, you can always try again later.

It may take a few tries before you reach your goal.

But if you keep coming back to these flexibility and strength training routines, sooner or later you will be successful.

Tip: If you find yourself feeling down or discouraged, visit your local golfing course and just walk a few holes.

No clubs, no balls, no intention to play. Just stroll along the course, staying out of the way of other golfers, and enjoy the sights and smells.

Let your mind relax as you contemplate this great game, including what it means to you and to all who play it.

Allow yourself to reminisce on this history of golf, its key players, and the sheer joy you get from playing out on the course.

The best times to evaluate goals are often the quiet times.

We all need to renew our spirits now and then, and a quiet walk down the fairways is the perfect way to do it.

Another way to refresh your desire is to volunteer to teach someone the game.

Many young people would love to have a golfing mentor to show them the ropes.

You do not have to be a PGA pro to teach a youngster the basics of golf.

You just have to do it.

Do not give up easily

Instead keep plugging away, and soon your golfing performance and self-confidence will soar.

## Bonus: Pre-Game Warm-Up Routine



**N**OW THAT YOUR BODY HAS BECOME STRONGER AND MORE FLEXIBLE, IT'S time to put it to work on the golf course.

Over the last several weeks, you have stretched, flexed, and walked your body to a higher level of fitness.

Your effort and dedication is paying off, and you are still improving!

So, what now?

Even though your body and mind are more finely tuned now than before, you still must respect the limits of your anatomy.

Before every round of golf, a pre-game warm-up session is essential to prevent injury and loosen your golfing muscles.

The main element to driving the ball farther is club head speed, and this is directly related to how flexible you are during the backswing and downswing.

Your warm-up prepares your body for every aspect of the sport.

Some golfers skip their warm-up because they believe it is too time-consuming.

But that is not the case with this routine.

Besides, the benefits of warming up before your game far outweigh the amount of time required to complete these simple exercises.

Try this warm-up at home first. If you like it, include it as part of your regular pre-game routine.

### ***Arms Circles***

This simple exercise can work a lot of muscles at once, in less time than any other upper-body exercise.

1. Bring your arms straight out to your sides, level with the floor.

Pull your fingertips out away from the body and keep the tips of your shoulders pressed down.

2. Slowly begin to move your hands in small circles.

3. Gradually increase the size of the circles.

4. Continue for ten to twenty seconds, and then reverse directions.

5. Do 2 sets forward and two sets in reverse.

### ***Upper Body Extension***

This quick and simple exercise helps to loosen up the muscles in your neck, shoulders, and chest.

1. Stand with your feet shoulder-width apart.

Take a long club and hold it at each end, letting it hang down in front of your body.

2. Take in a slow, deep breath. As you inhale, raise the club up over your head, keeping your arms straight.

3. With the club overhead, hold for a count of three, and while exhaling, lower it down to the starting position.

4. Repeat 5 to 10 times.

### ***Side Flex***

This exercise is crucial for loosening up the muscles of the lower back, sides, hips, shoulders, and chest.

1. Assume the same stance as the prior exercise, holding the club over your head.

2. Slowly bend to your right side.

You should feel a slight stretch on your left side.

Hold for a count of 5 and then slowly straighten.

Pause, and then bend to the left.

3. Repeat five times on each side.

### ***Swing Flex***

This is a quick routine that pros are often seen doing.

It mimics the golf swing but at a much slower speed, stretching many of the major muscles used in the golf swing.

1. Place your driver or another long club along your shoulders, behind your head.

2. Grasp each end of the club in your hands.

3. Stand in the same stance you would take if addressing the ball for a drive: feet shoulder-width apart, a slight flex in your knees.

4. Bend forward again, as if preparing to hit a ball.
5. Slowly rotate your torso, mimicking your backswing.
6. At the top of your backswing, rotate back to the starting position.

Continue forward, as if performing your follow-through.

7. Repeat 8 to 10 times.

Note: This exercise is not about speed but stretching.

If you try to do the swing flex too quickly, you will lose many of its benefits.

### ***Lower Back And Hamstring Stretch***

1. Hold a club in both hands.
2. Bend your upper body at the waist, and let your arms hang in front of you.
3. Slowly lower the club to the floor to stretch your hamstrings.
4. Return to a standing position.
5. Repeat 5 to 10 times.

### ***Modified Squat***

1. Hold your club in front of your body with both hands.
2. Begin a squat, using only the knees.
3. Your upper body should be erect and still, spine kept straight.
4. Hold for a count of 5 and stand up.
5. Repeat five times.

This pre-game warm-up can be performed in a matter of minutes.

Schedule it as part of your game time, and you will be able to run through these stretches in no time.

The warm-up routine we have suggested is great.

But it is not the only one.

If you have other exercises that you prefer, you can substitute one from the 6-Week Plan or add yours to the list. Just be sure to stretch all of the major muscle groups.

In addition to loosening your muscles for better performance, a solid pre-game warm-up routine also gets your blood flowing to your muscles and your brain.

This can give you a distinct advantage over players who have not warmed up.

Do this routine before your next round of golf to see your performance improve.

The results will be well worth the few extra minutes.

Tip: Your warm-up should be done within ten minutes of tee off.

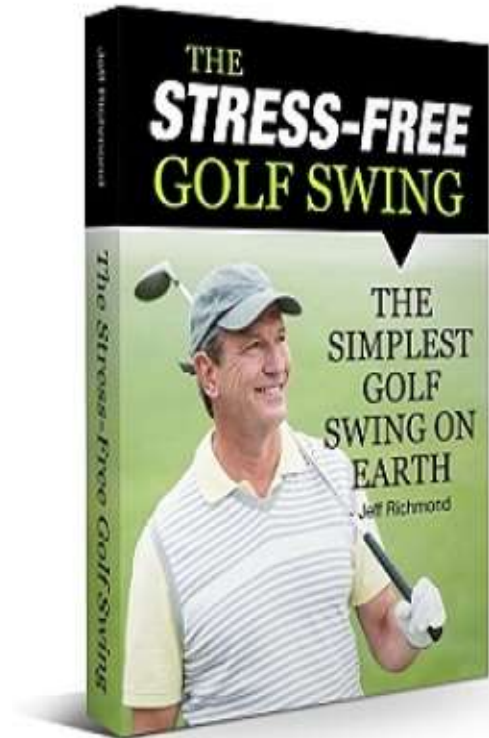
If you let too much time pass between warm-up and first tee, your body will cool down, and you will need to repeat your routine.

If you suspect there may be a delay, keep your muscles loose by doing a couple of the exercises as you wait.



## Recommended Reading

### The Stress-Free Golf Swing Review



**The Stress-Free Golf Swing** was created by Jeff Richmond of Consistent Golf.

There is an interesting story to the creation of this swing, because Jeff claims he accidentally discovered a secret move that Ben Hogan made in his golf swing.

Jeff says he made this discovery on the 5th of March 2015.

Jeff knows the exact date because the discovery was made when he was analyzing 23 great golfers swings for a blog post he was doing, to see how much head movement great golfers have in their swings.

The move Jeff found Ben Hogan does is completely contrary to what is traditionally taught in the golf swing, and after discovering it Jeff was keen to try it himself.

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