



June/July 10 Newsletter

Yoga on the Ball

The stability ball is a great way to provide extra support for your posture as you perform yoga moves that require endurance and flexibility, the ball also adds a balance challenge to some poses. Always avoid any exercise that cause pain or aggravate injuries.



Squats

Stand and place the hands on the ball. Squat down, keeping the knees behind the toes and roll the ball out stretching through the arms and chest. As you breath out, straighten the knees while rolling the back in.

Upward and Downward Facing Dog



From the squat, come down to your knees and lean into the ball, rolling forward until your hips are centered on the ball, legs straight. Press hands into the ball inhale as you push the chest up and straighten the arms, look up. Exhale and roll forward, placing hands on the floor pushing the body up into a inverted v position, arms and legs straight and heels pressing into the floor. Position the ball so that your chest and upper thighs are supported. Breathing out, move back into Up-dog.



Down Dog with Leg Lift to Lunge Stretch

In Down Dog position, breath in and left the right leg straight up until the body is in a straight line. Hold for one breath, lower the leg and swing it down to the floor, knee next to ball. Lean hips into the ball and sweep the arms overhead. Hold for 3-5 breaths then left the back knee off the floor, using the ball to support the hips. Hold for three breaths and repeat the series on the other leg.



Warrior I to Warrior II and Side Angle

From the lunge position, right leg forward left leg straight out behind you, foot flat. Square the hips forward and sweep arms overhead and slightly back. Hold for three breaths and then lower the arms and turn the body to the side stretching through the arms. Hold for 3 breaths. From here take the right arm down and place the hand on the floor while stretching the left arm straight up. Hold for 3 breaths. Repeat on other side.





Golfers Warm UP

As with any sport or prior to starting any form of increased exercise, a warm up should be performed to prepare your body for what's to come. Warm up exercise should be geared towards increasing your heart rate level, which increases blood circulation. Dynamic exercises performed should also be similar to the movements required during the sport or exercise about to be performed. The following is a warm up specifically for Golfing and should last between 10-15 minutes.

Step 1: Walking

Walk briskly 3-5 minutes, around the parking lot, to and from the club house a couple times

Step 2: Supported Squats

Hold a short club (i.e. 8 iron) overhead with hands at either end. Arms should be fully stretched directly above you. Squat down until your thighs are almost parallel to the ground and stand up. Repeat 10 times. Rest and repeat again

Step 3: Golf Stretching Exercises

Arm Swings

1. Stand tall and hold arms out to your side.
2. Slowly swing your arms back and forth across the front of your body.
3. Repeat this continuous motion for 30 seconds.

Trunk Rotations

1. Stand with a shoulder width stance. Place a club on your shoulders holding it at either end.
2. With knees slightly bent, bend forward from the waist slightly (as though adopting the swing posture).
3. Turn from side to side aiming to get the ends of the club directly in front of you with each turn.
4. Complete a total of 15-20 full swings.

Side Bends with Club

1. Stand with a shoulder width stance. Place a club on your shoulders.
2. Lean to one side keeping your torso straight. Do not bend forward or backwards.
3. Hold for a count of 2 and then repeat to the other side.
4. Complete 8-10 stretches each side.

Standing Shoulder Stretch

1. Stand with a shoulder width stance and place both hands on the end of the club.
2. Lean forward keeping your back flat until you feel a stretch in your shoulders.
3. Hold for 10 seconds and relax. Repeat a total of 3 times.

Leg Swings

1. Start by standing with your feet shoulder width apart.
2. Keeping your upper body perpendicular to the ground swing one leg forward and backward.
3. Do not swing your leg so hard that you can not keep your upper body from moving.
4. Repeat for 10 full swings and repeat on other leg.

STEP 4 - Practice Swings

Complete 2-3 minutes of practice swings working on any techniques, or swing thoughts you may have been given. It's important not to practice technique with a weighted club or two clubs at this stage. You are now warmed up physically and this time is about sharpening your swing and reminding yourself of any coaching points to work on during the round. It is also a good idea to rest completely for about 2 minutes before you tee-off. Avoid walking up to the tee out of breath as this will compromise your ability to control your swing.

