

STROKESAVERS WITH STEVEN GIULIANO

# FORM FOLLOWS FUNCTION: TO THE CORE

## Core exercises to help you achieve stability when swinging the club

The modern-day tour player has evolved into an athlete with strength, power and explosiveness, along with stability and mobility in the golf swing.

These are not simply modern-day buzzwords – they are becoming must-haves to stay up there with the big hitters on tour as well as to preserve longevity in

the game from a physical standpoint. Golfers in general are much more aware of what they need to be doing physically. As the golf swing is a ballistic movement, certain primary muscle groups must be trained in order to move freely and to stabilise the body throughout this movement.

It is important to note that, on average, a PGA Tour player is reaching swing speeds of approximately 112mph with the driver, whilst LPGA players average around 95mph. Tiger Woods is constantly around 125mph, so core strength and freedom of movement are required in the body to support these high swing speeds.





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**“Good core strength helps you maintain strong body positions throughout the swing.”**

#### **SET AND MAINTAIN**

Certainly one of the traits of a modern-day golf swing is the ability to get set in a strong athletic position (image 1) and maintain strong body positions throughout the swing (image 2), with the support of good core strength (image 3).

This article focuses on core exercises that can be carried out at home or in the gym, to help you achieve a more balanced and stable body position when swinging the club at high speeds.

## CORE EXERCISES

These are two of my favourite exercises to help improve core strength. If done correctly and carried out on a regular basis, they will add more strength and stability to the stabilising muscles of your mid-section.



### THE PLANK

This is a great all-round abdominal exercise providing a strong base for your core. The plank helps to develop strength in the core, shoulders, arms and glutes. My advice is to conquer the plank before attempting any other complicated ab exercise.

- Begin by getting into a push-up position; your elbows should be directly beneath your shoulders.

- Bend your elbows 90 degrees and rest your weight on your forearms – your body should form a straight line from your head to your feet (Lee Westwood can hold this position for five minutes without breaking a sweat).

Incorporate planks into your workout routine, trying to hold the position a little longer each time. Once you can complete three sets of two minutes each, you've reached a respectable level.



### MEDICINE BALL TWIST

The medicine ball twist is designed to develop stability through the lower body, whilst creating rotation throughout the torso. This exercise also helps to develop strength in the oblique muscles, arms and glutes.

- Depending on your strength, take a 1- to 4-kg medicine ball beginning in a seated position on the ground.
- Whilst maintaining a stable lower body, twist to one side and touch the medicine ball on the ground, then repeat for the

opposite side.

Complete three sets of 15 repetitions on each side. It's important to keep this movement dynamic and ensure you can complete the required amount of reps – otherwise drop down to a lighter ball.

By incorporating four to five quality core exercises into your routine, you'll begin to feel stronger and be able to move more athletically when you swing.



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