

# Par Fore The Course Golf Fitness

A Kinetix Health and Performance Center program  
An Holistic Approach To Playing Optimal Golf!



**Play Better, Feel Better,  
Add More Distance!**

**Michael R Butler**



Par Fore The Course Golf Fitness is a holistic approach to playing golf through proper guidance of fitness, nutrition, hydration, sleep, recovery, breathing and injury prevention. Par Fore The Course Golf Fitness is a cutting edge holistic approach to playing optimal golf. It's through this program that you will unleash hidden potential by diving into the obstacles that are slowing you down. The program will cover all aspects of wellness including injury prevention, nutrition, sleep and hydration as it will educate the golfer to becoming healthier and playing more consistent golf.

# **Pare Fore The Course Golf Fitness: A Kinetix Health and Performance Center Program**

**Order the complete book from**

**[Booklocker.com](http://www.booklocker.com)**

**<http://www.booklocker.com/p/books/8395.html?s=pdf>**

**or from your favorite neighborhood  
or online bookstore.**

**Enjoy your free excerpt below!**

# *Par Fore The Course*

## *Golf Fitness*



---

*A Kinetix Health and Performance Center Program*

*"An Overall Wellness Approach To Playing Optimal Golf"*

*Feel Better, Play Better Add More Distance!*

*In As Little As 20 Minutes A Day!*

*Written by:*

*Michael K Butler*

*B.A.;P.T.A.;CSCS\*D;RSCC\*D;PES:NMT*

*Feel Better*

*Play Better*

*Add More Distance*

*Copyright © 2015 Michael Butler*

*ISBN: 978-1-63491-017-0*

*All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.*

*Published by BookLocker.com, Inc., Bradenton, Florida, U.S.A.*

*Printed on acid-free paper.*

*BookLocker.com, Inc.  
2015*

*First Edition*

## Chapter 5

# **Par Fore The Course Golf Fitness Program**

*With all the latest technology available today as we have indicated, the golfer needs to play the game not the club. There are many golf fitness programs available on the market today, but none as simplified as the Par Fore The Course Golf Fitness Program. We all have limited time and have many responsibilities, life can just get in the way sometimes. We have made this program simple to understand and can take as little as 20 minutes a day. If time is a factor, you can opt to chose 4 stretches/exercises from each area that you find to get the most benefit from.*

*The program consists of 4 phases to address the 4 pillars of fitness. The first is the warm up, the second is mobility, followed by corrective strength and finally recovery.*

**Warm up-** *There is nothing worse than getting to the golf course picking up a club, swinging it and your back goes out! The warm up is crucial in preparing your muscles for movement. This is why we warm up in a dynamic fashion, meaning we try and move muscles through their normal range of motion in preparation for playing golf. The other type of stretching is called static stretching, and we will discuss this later on. The theory is that when you stretch cold unprepared muscles you are inviting an injury to take place. We need to increase the circulation and heat transfer to the working muscles in preparation for a day of golf. We will cover all the involved muscles in a short period of time.*

**Mobility-** *What's it like to feel stiff all the time? Imagine if you could start off fast, maintain your power and play 18 holes without pain. Well, we have had success with helping hundreds of golfers restore their mobility and get the results that they wanted. All it takes is dedication, time and making it apart of your daily routine. Sure, we all have limitations and some of those need medical attention. But why wait until your doctor says surgery is the only way out, why not do something*

*about it now before it gets to that point. Sometimes the painful joint, muscle or structure isn't the source, it could be coming from somewhere else. Let's say for example that you are experiencing low back pain and it only happens during golf, but you also notice that your hips are real stiff too. Your golf pro has indicated that you slide throughout your whole swing, no rotation from your trunk or hips, most likely the problem is the lack of hip mobility and or spine stability.*

***Corrective Strength-*** *We as humans all have muscle imbalances, but it is usually not until something has gone awry that we do something about it. Research indicates that 80% of Americans sit for a good part of the day, usually as a result of their jobs. Because of this our bodies stay dormant and circulation is impaired, muscles stiffen and joints can even ache. So now we take this out to the golf range, haven't properly warmed up and injure a body segment.*

*This happens all to often and most of this can be avoided. So learning how to correct movement patterns not muscles is the key to success.*

*Sequencing muscle movement while stabilizing another region is where it begins. This is why it's called corrective, in that we are correcting movement patterns and restoring function. The abdominals and gluteals which are most often affected by progressive sitting and improper posture are the key muscles to activate in order to support the pelvic girdle.*

***Recovery-*** *The last phase of the program is about recovery. Now that we have worked out tired muscles which most have shortened, we need to stretch in a static position. By this I mean we will isolate a particular muscle group hold for 10-15 seconds and then release. There are many different forms of stretching we can do to relax a muscle. One form that's very effective is called PNF stretching (proprioceptive neuromuscular facilitation), this involves shortening the opposing muscle followed by an isometric contraction of the target muscle then immediately stretch that target muscle into its new range. Once we have gone through a series of stretching muscle groups, we then can target*

*muscles that each participant has issues with. We can also use special tools if needed like the foam roller, golf or hard ball for trigger points that might have been aggravated during the session.*

*A point to consider when stretching is to relax and breathe. Most clients I come across have a difficult time with this concept. Because of "guarding" against a particular movement can occur muscle tension can increase which means the benefit of the stretch is lost.*

Chapter 7  
**The Warm Up**

*Active Warm Up Drill #1*

*Target Muscles: Hamstring/Lattissimus Dorsi/Low Back muscles.*

*Start*

*Finish*



*Notes: Make sure that you start with a tall posture, then slowly bend and push away from hips. This is an active stretch, so when finish the stretch you come right back up to the starting position, repeat 10x.*



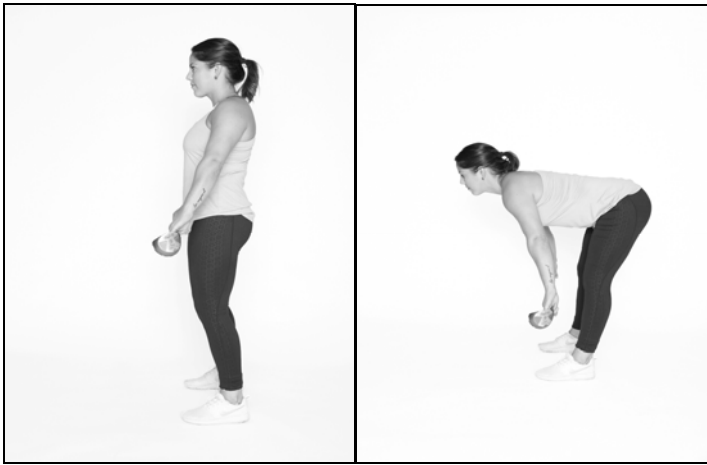
*Active Warm Up Drill #2*

*Toe Touches*

*Target Muscles: Hamstrings/Low Back*

*Start*

*Finish*



*Notes: Make Sure that you start tall, then slowly bend at the hips and try and reach your toes. You do not want to hold at the bottom, so immediately come back up to the start. Repeat 10x.*

*Active Warm Up Drill #3*

*Standing Hip Flexor Stretch With Club*

*Target Muscles: Iliopsoas/Iliacus/Rectus Femoris*

*Start*



*Finish*



*Notes: Start by bending forward at the hips with back leg extended, at this point slowly straighten up, (tucking buttocks underneath you). Make sure you are feeling the stretch in the front of the hip, only hold for 2 seconds then move back to the start and repeat 10x.*

*Par Fore The Course Golf Fitness*

*Active Warm Up Drill #4*

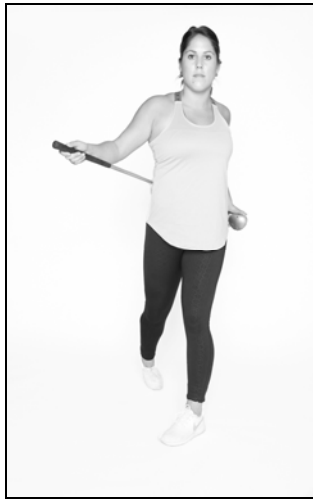
*Trunk Rotation with Club*

*Target Muscles: Obliques/Multifidi*

*Start*



*Finish*



*Notes: Start in Neutral position then slowly rotate your trunk away from target then rotate trunk towards the target, go slow do not hold and repeat 10x.*

*Active Warm Up #5*

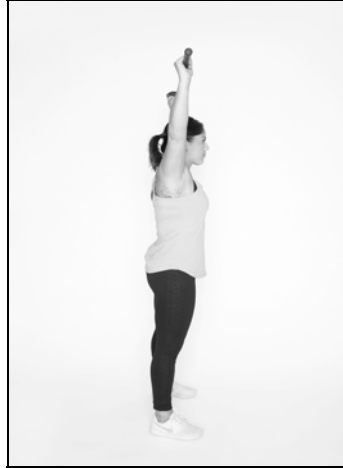
*Shoulder Flexion With Club*

*Target Muscles: Lattisimus Dorsi/Teres Major/Deltoids*

*Start*



*Finish*



*Notes: Start in neutral position, slowly raise club overhead without arching your back.*

*Active Warm Up Stretch #6*

*Hip Hinging*

*Target Muscles: Glutes/Hamstrings*

*Start*

*Finish*



*Notes: Start in neutral position, slowly bend forward from the hips, do not round your back. Repeat 10x.*

*Active Warm Up #7*

*Hips Side to Side*

*Target Muscles: Adductors*

*Start*

*Finish*



*Notes: Start in neutral position with hips open, then slowly glide to the right and then to the left from the hips, repeat 10x*



Par Fore The Course Golf Fitness is a holistic approach to playing golf through proper guidance of fitness, nutrition, hydration, sleep, recovery, breathing and injury prevention. Par Fore The Course Golf Fitness is a cutting edge holistic approach to playing optimal golf. It's through this program that you will unleash hidden potential by diving into the obstacles that are slowing you down. The program will cover all aspects of wellness including injury prevention, nutrition, sleep and hydration as it will educate the golfer to becoming healthier and playing more consistent golf.

# **Pare Fore The Course Golf Fitness: A Kinetix Health and Performance Center Program**

**Order the complete book from**

**[Booklocker.com](http://www.booklocker.com)**

**<http://www.booklocker.com/p/books/8395.html?s=pdf>**

**or from your favorite neighborhood  
or online bookstore.**