Better Golf—Through Exercise

By GARY PLAYER
Written for NEA

The object of this exercise is to strengthen shoulder muscles for driving power.

Assume position A and extend arms upward above head as in position C. Start with eight repetitions and work up to a maximum of 15.

After you are easily doing 15 repetitions of the A to C exercise, you may advance to the following:

Position A to Position B (5 to 7 repetitions); Position C to Position B (5 to 7 repetitions); and Position A to Position C (5 to 7 repetitions).

During the exercise, for proper breathing, inhale while raising the dumbbells and exhale while lowering them.

Either 8-pound or 10-pound dumbbells can be used in this and all the succeeding exercises.

(NEXT: Front Deltoid Raise)
Better Golf--Through Exercise

By GARY PLAYER
Written for NEA

Stand 3-13-1965

The deltoid muscle, large and triangular, covers the joint of the shoulder and raises the arm away from the side of the body. This exercise develops these muscles.

Assume position A and extend arms forward to position C. Again, begin with eight repetitions and gradually work up to 15.

After you are able to do 15 repetitions without difficulty, you may advance:

- Position A to Position B (5 to 7 repetitions);
- Position C to Position B (5 to 7 repetitions);
- and Position A to Position C (5 to 7 repetitions).

You should inhale on up motions and exhale on down motions.

(NEXT: Curl)
Better Golf—Through Exercise

By GARY PLAYER
Written for NEA

Any golfer who hopes to shoot well, knows that the arms must be sufficiently strong. This is the purpose of the curl. It is a very simple exercise beginning with the arms at the side, and then lifting the dumbbells to shoulder length.

You should do between eight and 16 repetitions at the beginning and when you have mastered this, go on to 12 or 15 repetitions.

For proper breathing, inhale on the up motion and exhale on the down motion.

(Next: Tricep Kick-Back)
The triceps are the muscles at the back of the upper arm, and this exercise is designed to strengthen them. You begin in a crouched position (figure A), extending the arm backward (figure B) eight to 10 times. You must, of course, do the exercise with both arms. After you have mastered eight to 10 repetitions, you should increase the number from 12 to 15. You should inhale as the weight is extended to the rear and exhale as the weight moves (Next: Rear Deltoid Raise)
In exercise two, I explained that the deltoid muscles cover the joint of the shoulder. This is another exercise to strengthen these muscles.

You begin in a deep crouching position (A) and then extend your arms to the rear, ending up in a semicrouch.

The action of your arms moving to the rear develops the deltoid muscles.

You should begin with 8 to 10 repetitions, and increase this to 12 to 15.

Inhale as weight goes to the rear and exhale as the weight comes forward.
Better Golf--Through Exercise

By GARY PLAYER
Written for NEA

Although it sounds like it, this is not a dance.
Actually it is an exercise that should be done only as part of your advanced program, and repetitions should be increased very gradually. I suggest five repetitions as a starter. Then work up to 15 repetitions with each arm.

You start at position A with the left hand holding the dumbbell pressed against the waist. In one smooth motion advance from A to B to C for chosen number of repetitions. Then repeat, raising left arm through same number of repetitions.

Inhale as you raise weight. Exhale as you lower weight.

(NEXT: Standing Press)
Better Golf--Through Exercise

By GARY PLAYER
Written for NEA

The deltoid, a large triangular muscle which covers the shoulder joint, and the triceps, which are along the back of the upper arm, must be developed for a power swing.

For this development, start at position A, with the back of the hands facing out. Raise to position B, turning the hands so that when you reach B your palms face outward. Repeat this--A to B--eight to 10 times.

After you can do eight to 10 repetitions easily, increase the number of this exercise taken in one session to 12 to 15.

As in all these exercises, proper breathing is important. You should inhale as the weights rise, exhale as they descend.

(NEXT: Upright Rowing)
Everyone knows that rowers develop tremendously strong chest and shoulder muscles.

Well, the purpose of this exercise is the same, without the boat, of course.

Begin in position A with the dumbbells extended downward. Then, raise the arms, moving up and out. At the beginning eight to 10 repetitions will suffice.

As you become accustomed to the exercise and have worked on it, you can increase the repetitions to 12 to 15.

Inhale on the upward motions and exhale on the downward.

(NEXT: Flying motion.)
Better Golf--Through Exercise

By GARY PLAYER
Written for NEA

This exercise develops muscles of the upper back which help create a smoother, more powerfully co-ordinated swing. Begin the exercise with knees bent into a half sitting position. Assume position A. Raise the arms upward and outward to position B. Beginners should repeat this exercise eight to 10 times during a session.

As you advance and can do it without undue strain, increase the number of repetitions to 12 to 15.

As with all these exercises, breathing should be co-ordinated with the movements. Inhale as the weights rise and exhale as they descend back into position A.

While this exercise is far removed from any actual golf swing, I have found it most beneficial in giving me greater control throughout the swing, as well as producing greater smoothness and more powerful co-ordination.

(NEXT: Player Twist)
Better Golf--Through Exercise

By GARY PLAYER
Written for NEA

This exercise should be done only as part of your advanced program and repetitions should be increased very gradually. I suggest you start with 10 repetitions and work slowly up to the point where as many as 15 can be done without undue strain.

Start at position A, with left arm extended toward the right foot and the right arm upward. Without lifting the head, lift the left arm upwards, twisting the trunk so that the right arm points toward the left foot and the left arm points upward, as in position B. Then return to position A. This counts as one repetition. Inhale going to the right. Exhale going to the left.

(NEXT: Stiff leg Dead Lift)
The muscles of the lower back should be well developed as an aid to the powerful, co-ordinated golf swing.

This can be done by assuming position at left, then going to position at right with the knees locked and the legs stiff. If possible, you should touch the floor, or at least the toes.

Start with eight to 10 repetitions, gradually increasing to 12 or 15.

Breathing, of course, should be regulated to the motions of the exercise. Exhale as you bend down. Inhale as you rise.

In time, you will find this exercise adds to your suppleness, which also is an aid to a well co-ordinated, powerful swing.

(NEXT: Side Shrug)
Better Golf--Through Exercise
Stand 3-30-1965

By GARY PLAYER
Written for NEA

For this exercise, only one dumbbell is used. With a side rocking motion, go from position A to position B for eight to 10 repetitions.

Then reverse the dumbbell and repeat the motion in the opposite direction eight to 10 times.

As you advance, and it can be done without undue muscular strain, increase the repetitions to 12 to 15 in both directions.

Breathing should be co-ordinated to the motions, inhaling as the weight rises and exhaling as the weight descends in both directions.

This exercise develops power in torso muscles.

(NEXT: Half-Squat.)
Better Golf--Through Exercise
Stand 3-31-965

By GARY PLAYER
Written for NEA

This exercise not only develops thigh muscles, it helps to reduce leg fatigue, which can be so damaging over the long haul of a tournament or a heavy weekend schedule.

With dumbbells in both hands, move from position A to position B 12 to 15 times.

As you advance, increase the repetitions to 15 to 20.

Inhale as you rise again to position A.

(NEXT: Lunge.)
Better Golf--Through Exercise

By GARY PLAYER
Written for NEA

This exercise, to develop muscles in hips and upper thighs, should be done only as part of the advanced program.

Starting at position A, advance the right foot forward and the left foot back, moving to position B. Do not touch the knee to the floor. Repetitions should be increased gradually. It is suggested that you start with four repetitions, working gradually up to a maximum of eight.

After doing the suggested number of repetitions with the right foot forward, do the same number with the left foot advanced.

Inhale at position A, lunge to position B, then exhale while returning to starting position.

(NEXT: Toe Raises)
Foot and leg fatigue are commonplace to the weekend golfer. This exercise is designed to reduce this complaint by developing the muscles of the calves and ankles.

With a dumbbell in each hand and feet flat on the floor at position A, raise up on your toes as far as possible to position B. Start at 15 repetitions and work up to 25.

After you have reached 25 repetitions, advance to the following.

Do the exercise from A to B 10 to 15 times with the feet parallel, as before.

Now do the exercise 10 to 15 times with the toes pointed outward.

Finally, repeat the exercise 10 to 15 times with the toes pointed in.

(NEXT: Wrist Roll)
Better Golf--Through Exercise

By GARY PLAYER

The Wrist-Roll develops strength in the hands, wrists and particularly the forearm muscles. It can be effectively performed with a piece of pipe or even a length of broomstick.

With a weight or weights fastened to one end of a strong cord and the other end fastened to the pipe and the cord fully extended (as shown in photograph), wind up with a clockwise movement until the weight touches the bar.

Slowly lower the weight with the same wrist movement.

Repeat the exercise using counterclockwise twisting motion.

This exercise should be repeated three times at first and increased very gradually.

After you have reached the advanced stage, you can add additional weight.

(NEXT: Hand Grip.)
A strong grip and wrist power are essential to a well co-ordinated, powerful, golf swing. This exercise develops fingers, hand and wrist.

Hold the hand grip as shown in position A and squeeze it into position B.

This is a very important part of an improvement program for golfers as great strength in the hands can result from the use of the hand grip.

Repetitions should be done according to the needs and strength of the individual, but be sure to do an equal number of repetitions with each hand.

(End of Series)