

LESSON TEE

Exclusive Golf Instruction From Southern California Teaching Professionals



Eric Lohman (right) works with golf fitness trainer Roy Khoury.

Get in shape

TRY THESE 5 EASY EXERCISES TO IMPROVE FLEXIBILITY AND STRENGTH. BY ERIC LOHMAN, PGA, WITH ROY KHOURY

Maintaining athletic posture and proper balance during your swing is imperative to hitting solid golf shots consistently.

It's easy to say this, but not as easy to implement it.

Truth is, most people can't be taught how to maintain posture and balance because they're physically limited by poor flexibility and a weak core. If you can't naturally turn your shoulders and release your hips, you either will lift or sway to create a sense of power during your swing. Those movements

hinder a consistent swing and solid contact.

What I have done — and you can, too — is routinely practice simple exercises to improve my flexibility and core strength. I've enlisted the help of my golf fitness trainer, Roy Khoury of Newport Beach-based RFK Training, to explain five simple exercises that can improve body awareness and allow you to strengthen certain movement patterns.

Simply put, these easy exercises can help you create a better golf swing. >>>

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HIP HINGE

Why it's important: Teaches hip mobility and how proper spinal posture should feel at address.
How to do it: Place a club along your spine and hold at your neck and lower back (Fig. 1). Try to flatten as much of your spine to the club shaft as possible; head and belt should touch the shaft. Hinge forward from your hips into your address position and hold for a 2 count (Fig. 2). Perform five reps. As you hinge, shift your weight onto your heels and keep the shaft against your body throughout the movement. This move is best done on a flat surface.

STANDING HIP CRADLE

Why it's important: Improves independent hip flexibility. Best for golfers that are restricted in external hip rotation.
How to do it: From a standing position, place your weight into your right foot. Lift your left leg up and bring your left foot across your hips, touching it above your right leg (Fig. 3). Grab your left knee and ankle for support. Gently tug your shin up to feel the stretch in the outer hip. Hold for a 1 count and perform five reps, then repeat for the opposite leg. Standing on one leg helps you balance while stretching the opposing hip rotators.



STANDING HIP INTERNAL ROTATION

Why it's important: Teaches you how to turn into your trail leg on your backswing without swaying. This will eliminate lateral shift in the swing and allow you to turn your shoulders and rotate into your hips while staying over the ball.
How to do it: Grab a 7-iron, get into your address position and place the club shaft along your belt line (Fig. 4). Hold the grip with your left hand and the hosel with your right. Press the hosel end into your right hip without allowing the left hip to move (Fig. 5). You will feel your weight shift into your right heel as your right hip presses back. Hold for a 1 count and perform five reps, then repeat on the left side.



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STANDING HIP FLEXOR LIFT

Why it's important: Strengthens hip flexors and your core, keeping you in golf posture and helping you maintain your spine angle throughout the swing. Weak hip flexors can lead to loss of posture and early extension, a dreaded swing flaw.
How to do it: From a standing position, place your weight onto your right foot. Lift your left knee straight up, pulling from your hip. Maintain a tall spine and do not allow your lower back to arch as you lift your left knee up. Hold for a 1 count and perform 10 reps, then repeat with the left leg.
Optional: Place a small resistance band around the toe of your shoes for added challenge (Fig. 6).



A-FRAME TORSO TURN

Why it's important: Best used by those looking to improve shoulder turn. Helps maintain your hip hinge through the swing without letting your spine round. The goal is to turn through the upper spine and hips, not the lower spine.
How to do it: Use a golf club or stable surface (such as a bench or table) as a "pivot point." Get into your address position, with your left hand pressing into the club or stable surface (Fig. 7). Swing your right hand under your left arm and reach. Then swing your right hand the other direction into a backswing position (Fig. 8). Make each swing a controlled move, and feel for the maximum range of motion. Hold for a 1 count and perform three reps, then repeat with your left hand. **SG**



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Roy Khoury founded RFK Training in 2007. He is certified as a Level 3 Titleist Performance Institute (TPI) golf fitness instructor. For more information, visit rfktraining.com.

Disclaimer: Make sure you have a doctor's clearance before beginning any fitness routine.