

	AVG. DRIVER SPEED (MPH)	AVG. DRIVING DISTANCE (YDS)	EFFICIENCY (YDS PER MPH)
AVERAGE MALE	90	207	2.30
PGA TOUR	113	287	2.53

Get a Leg Up

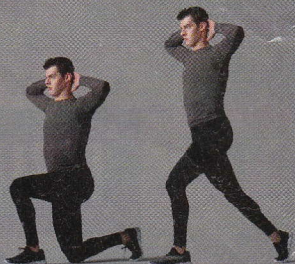
Hit it farther with this lower-body workout

You need stable legs to make a powerful swing. "All good golfers push against the ground with their legs to get their hips and upper bodies turning powerfully through the shot," says Ben Shear, a Golf Digest fitness advisor. To build a stronger platform, start by doing these body-weight-only exercises. As a bonus, these moves greatly improve ankle mobility, which can help protect your knees. —RON KASPRISKE

1

LATERAL SQUAT

► From a standing position—feet spread wide, toes forward, arms extended—squat laterally so one leg straightens and the other bends. It should feel like the right side of your rear end drops behind the heel of your right foot. Then drive off that foot to get back into the start position.



2

PRISONER SPLIT SQUATS

► From a split stance, with your hands behind your head, elbows back and torso upright, drop the knee of the trail leg straight down. Pause and return to the start position.



3

SINGLE-LEG DEADLIFT

► From a standing position balancing on one leg, bend forward from the hip, keeping your chin down and body in line with your spine. Pause and then rise straight up.

The workout

► Do eight to 12 repetitions of each exercise, and switch so the opposite leg is supporting the movement. Once you become proficient, you can add external weight or resistance to the workout, such as dumbbells, a weighted vest or mini-bands. Good posture and form is essential. Go as slow as necessary to keep your balance.



- ◆ Bring the right arm up, palm facing you.
- ◆ Let the right forearm fall behind the back, grabbing the golf club.
- ◆ Bring the left arm behind you, grabbing on to the same club.
- ◆ Feel the stretch in the shoulders.
- ◆ Hold for 5 breaths.
- ◆ Switch sides; repeat.



- ◆ Facing the front of the cart, place hands wider than shoulder-width apart.
- ◆ Step feet back, creating a 90° angle at the hips.
- ◆ Roll the shoulder back away from the ears and flex the quads.
- ◆ Hold for 5 breaths.



- ◆ Bringing the left leg on to the back of the cart, come on to the right.
- ◆ Engage the right buttocks and the right hip towards the cart.
- ◆ Go on to HEAL KNEE pose below.

SEATED TWIST

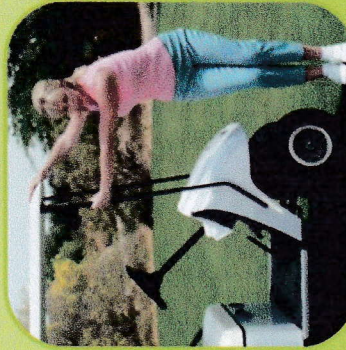
Helps keep the lower back, core and shoulders loose.



- ◆ Bring the body to the edge of the seat, sitting up as straight as possible.
- ◆ Bring the left hand to the right knee.
- ◆ Bring the right hand behind you to increase the intensity.
- ◆ Hold for 5 breaths.
- ◆ Switch sides; repeat.

SHOULDER ROTATION TWIST

Increases torso and shoulder turn over a stable lower body.



- ◆ Standing perpendicular to the cart, place hands on the vertical support of the cart.
- ◆ Separate the hands to increase the stretch in the shoulders.
- ◆ Use the abdominals by drawing the navel inward for more intensity and core conditioning.
- ◆ Hold for 5 breaths.
- ◆ Switch sides; repeat.

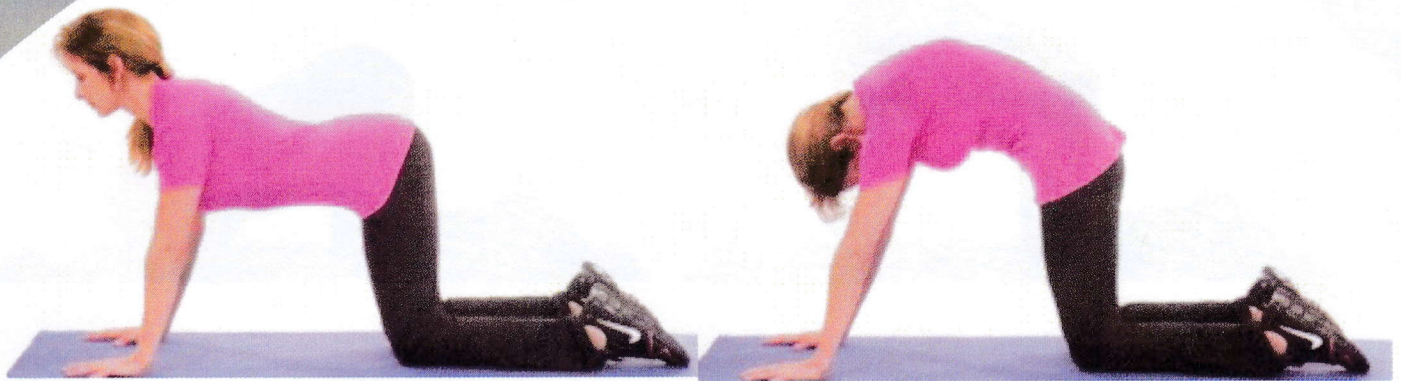
HEAD TO KNEE POSE

Stretches the calves, hamstrings and lower back.



- ◆ With the left leg on the cart, straighten the leg and flex the foot and quad.
- ◆ Keep the hips chest squared facing the left.
- ◆ Hinge at the hip folding forward.
- ◆ Hold for 5 breaths.
- ◆ Repeat on the leg beginning the WARRIOR LUNGE above.

Cat Cow



Golf Benefit

Stabilizes posture within the swing and engages hip mobility creating additional power. Builds strength in golfers wrists affecting the grip which maintains proper club face angle and alignment.

How

Begin on all fours, hands placed directly under the shoulders and hips over knees. Spread fingers as wide as possible. On the exhale, draw the navel towards the spine, pressing the spine towards the ceiling as the buttocks engage. Tuck the chin into the chest, stretching the upper back. On the inhale, drop the spine towards the floor, paying attention to press the thoracic spine towards the floor, shoulders roll back.

Flow

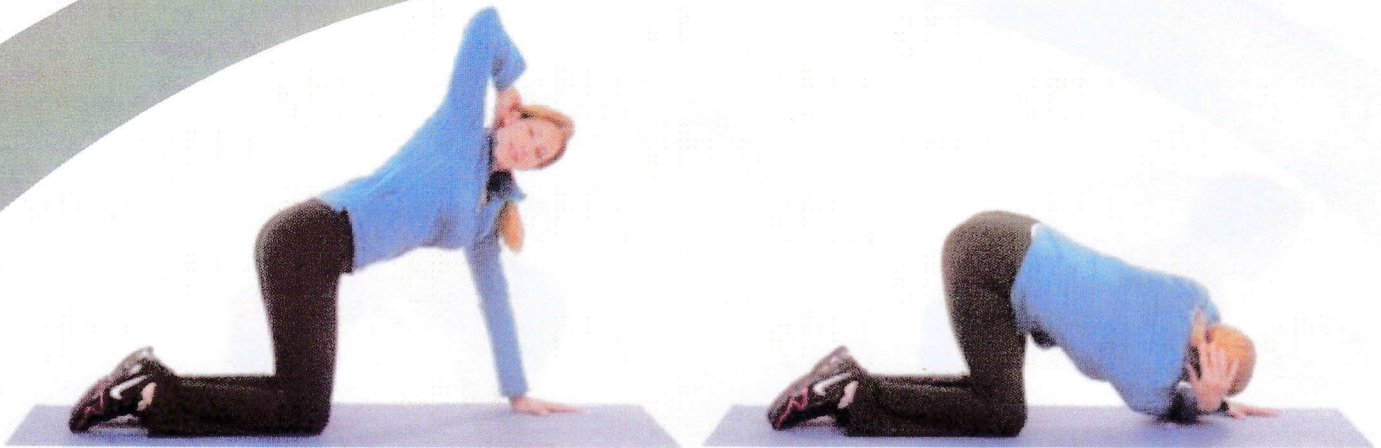
Repeat 7-10 times coordinating breath with the movement

Modifications

Keep the neck in a more neutral position to avoid hyperextension.

Padding (such as a rolled up mat or blanket) under knees and tops of feet if needed. 50

Twisting Table



Golf Benefit

increases shoulder mobility which creates a larger disassociation between shoulders and hips. Increased disassociation creates a larger "X factor" leading to increased distance.

How

Get down on all fours and place your right elbow behind the head. Inhale and twist from the thoracic spine toward the ceiling. Exhale and tuck the right shoulder under the left shoulder.

Flow

Repeat 5-7 times coordinating breath with the movement and hold for

Modifications