

- [Mandy Ingber](#)
- [Liz Neporent](#)
- [Harley Pasternak](#)
- [Tanya Zuckerbrot](#)
- [Videos](#)
- [Send Feedback](#)

Shape Up Your Golf Swing

Posted on Mar 14th 2011 11:00AM by [Kyle Stack](#)

Filed Under: [Fitness](#), [Men's Fitness](#)

12

42

0

3

Like



Getty

As [golfers](#) gear up for the new season, many will be struck by how rusty their swings feel. In order to get back into a golfing rhythm while helping prevent an injury on the driving range or course, here are five core principles of the golf swing. Each tip is accompanied by an [exercise](#) that helps one physically master it.

Grip

Bill McInerney Sr., a former professional golfer who's the founder of [McGolf, Ltd.](#) in Dedham, Mass., said the key to a good grip is to hold the club with the same tension as you would throwing a baseball or football.

McInerney often notices golfers who hold the club in their palm, rather than their fingers, the latter of which allows for greater control of the club on the backswing.

Try an inverted row to build finger strength, said Anthony Connors, the Director of Sports Performance at the golf fitness club [Drive 495](#) in New York City. Accomplish the horizontal pulling motion by lying underneath a [barbell](#) and pulling your chest up to it.

Balance

The key is to maintain good [balance](#) when standing over the ball. "Your lower body works faster [in a swing]," McInerney said. "If your lower body isn't balanced, then your shoulders will come back on the ball. You'll be out of the swing plane."

Try a single-leg balance exercise while in a golf stance. Connors advised to balance on one leg in a stance you would use to hit a 7-iron. Keep your back in golf posture and make sure there is slight knee bent. Stay balanced for 20 seconds on each leg for two sets apiece.

Alignment

Want to hit the ball at your intended target? McInerney said your shoulders, hips and feet should be parallel just to the left of the line of flight your ball needs to take, assuming you hit the ball right-handed.

Use a medicine ball to practice target accuracy. Connors suggested lining up near a wall in a normal golf stance and throwing a three-pound ball at the target. Go throw your normal golf swing and release the [medicine ball](#) at the same point at which you would hit the golf ball. Do six reps for two or three sets.

Posture

McInerney noted most golfers have poor [posture](#) as a result of lining up their club face behind the ball first. He recommended putting your feet together as you address the ball, then spreading them evenly so that the ball lies in the middle.

Ankle mobility exercises will keep flexibility alive in your lowest joint. "Anything in the ankle affects the rest of the body," Connors said.

Hold your body at a 45 degrees angle to a wall, arms extended. While bringing the heel of your back foot off the ground, make sure your front foot is flat and your front knee is bent. Push the front knee past your toes and hold for three seconds, stretching your calves and loosening up your ankles. Do eight reps on each leg.

Body plane

When starting the backswing, turn away from the ball -- don't take the club away from it.

"When you put the butt of the club in your belly-button and grip the club down the shaft and turn, you wouldn't use your hands to take the club away from the ball. You would just be turning the club away," McInerney said.

Posture is vital here, and Connors said strengthening your glutes is essential for improvement. Perform a double-leg bridge by lying on your back, bending your knees and lifting your hips off the floor, squeezing your glutes in the process. He cautioned it's vital to push your heels and hands through the floor, the latter of which will activate the glutes. Try three sets of 12 reps, none of them involving weights.

Related Stories

- [Fit Beauty: Golf and Be Gorgeous](#)
- [How Pro Golfer Cristie Kerr Lost 60 Pounds and Kept It Off](#)
- [Weight Loss is Like the Game of Golf](#)

0 Comment

Tags: [bridge](#), [fitness](#), [glutes](#), [golf](#), [golf swing](#), [GolfSwing](#), [medicine ball](#), [MedicineBall](#)

12 42 0 3

Related Articles

From That's Fit

[Do Toning Clothing Really Help You Shape Up?](#)
Feb 8 2011 5:00PM

[5 Hot Vacation Packages to Get Fit in the Sun](#)
Feb 4 2011 7:00PM

[Win a Pair of Nike Free XT Quick Fit+ Women's Train Shoes](#)
Jan 3 2011 4:00PM

[Exercise in Your 20s to Stay Fit in Middle Age](#)
Dec 17 2010 4:00PM

From Our Partners

[Gifts for Your Groom: The Golfer](#)
AisleDash - Jan 24 2011 8:00PM

[Opinion: Zimbabwe's Politics Are in the Rough, but Not Golf](#)
AOL News - Jan 7 2011 2:00PM

[Rewind -- Play it Again](#)
Lemondrop - Dec 20 2010 10:30PM

[Start Working Out in Your 20s to Stay Fit in Middle Age](#)
AOL Health - Dec 15 2010 4:44PM