



Swiss ball workouts, part II

More easy ways to fire up your golf muscles, plus improve your strength and flexibility.



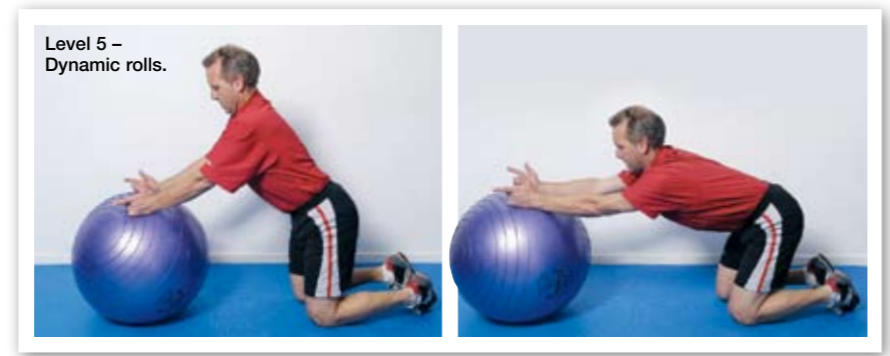
IMPORTANT:
Before you do these exercises, talk through them with your local trainer or physiotherapist. If you have any existing injuries, I strongly recommend that you do these exercises under supervision. And if you experience sharp pain or soreness, stop immediately.

Level 4 – Dynamic balance with rotation.

This month I have four more drills to complete my golf-specific Swiss ball workout, which takes less than 10 minutes to complete. I firmly believe the Swiss ball can revolutionise the way we prepare specifically for golf. If used correctly, it allows you to build postural control and gain extra flexibility and core stability. My skill-graduated exercises are what I call 'primal' challenges. Your muscle groups perform different functions in a sequence rather than just a solitary action. You really have to concentrate throughout your body to keep good form through the chain. I guarantee the workout will talk to you. In other words, you'll see relevance to the golf swing with regard to your set-up and lower-body support. You'll feel the correct muscles 'fire' through the chain if you're doing them correctly. Your posture should improve, your lower base should stay stronger and

you'll be able to sequence the right muscles at the right time. The beauty of this sequential warm-up routine is that it allows you to measure your feels and tolerances every day. You can gauge your quality of movement for every exercise (say, with a mark out of 10). You can measure how quickly you fatigued on each exercise. And, finally, you can understand

how each exercise relates to the golf swing. Since your energy levels vary, they're unique exercises that you can use to monitor your body from day to day. The players I've trained see immediate relevance. The secret is not to overdo it. You've got to learn how much you can handle on a particular day. Some days will be better than others. So it's not about doing hundreds



Level 5 – Dynamic rolls.

PHOTOGRAPHY BY KIMBAL BAKER



Level 6 – Set-up waggles.

of repetitions or 10 times 10. It's about doing what you can handle and understanding your body from inside out.

Level 4 – Dynamic balance with rotation
Fourth gear of the Swiss ball workout is a core-stability exercise using a golf club (*opposite page, top*). Holding the club in an address position, keep good upright posture and lift one foot off the ground. Maintaining balance on the ball, check your range to the left and then to the right. Rotate as far as you can from side to side, keeping your hips pointed straight ahead. Swap feet and repeat the exercise. This drill promotes good weight transference in the golf swing and enhances rotation.

Level 5 – Dynamic rolls
Using a towel for support, kneel down on the ground and place one palm over the other palm on the ball (*opposite page, bottom*). Slowly roll the ball out, maintaining a good spine angle and postural control. Keep good form through the neck, shoulders, trunk and pelvis at all times. Feel your shoulder blades as well as lower and deep abdominals. Good breathing should be emphasised because you tend to tense up and overarch your back. Rolling the ball back and forwards will reinforce a strong set up at address and activate the correct golf muscles prior to initial takeaway.

Level 6 – Set-up waggles
Place the Swiss ball behind your buttocks and adopt an address position with a golf club (*above*). Slowly 'waggle' the ball to the left and right, as you would do with a golf waggle at address. Feel your gluts, lower and deep abdominals turn on. Be aware that it's an oscillating movement not a sliding movement. This exercise reinforces the traditional waggle in the golf swing. It's functional because it's in a set-up position and 'fires' the crucial muscle groups that are involved with controlling the pelvis in the swing.

Level 7 – Ballistic ball throws
Lie on your back and place a spiky ball at the base of your skull (*below*). Outstretch your arms in a pistol-grip position. Place the Swiss ball between your feet. Make sure you maintain

the small curve at the base of your spine at all times. (In other words, you don't want to flatten your back and compensate when you are doing this exercise.) Slowly toss the ball in the air, catching it between your feet. This final drill promotes a lot of fast-twitch control between your inner thighs and lower abdominals. That gives you a strong lower base of support throughout the golf swing. The legs have to react to the ball so the muscles are working hard, which in turn strengthens them.

For more information about Ramsay's "Train As A Tour Player" golf camps, contact The Melbourne Golf Injury Clinic on (03) 9569 9448 and 0407 432 282 or e-mail golfphysio@ozemail.com.au.



Level 7 – Ballistic ball throws.

Next month:
Playing golf in the heat of summer