

THE *6 week* **PLAN** *For Unfit Golfers*

THE ULTIMATE
Guide for
Golf
Players



**Improve
Your
Game**

Contents

Contents	2
Introduction	3
Week One: Getting Started	5
Week Two: Stretching and Cardio	7
Week Three: Flexibility and Cardio	10
Week Four: Strength and Flexibility	12
Week Five: Strength 2 and Flexibility	14
Week Six: Design Your Program	16
Conclusion	19
Bonus: Pre-Game Warm-Up Routine.....	20
Recommended Reading	23

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Introduction

Some may claim golf is not a physical sport, but they would be wrong. Just like in basketball, football, or baseball, players must be in shape to play their best game. While you don't necessarily have to be a Samson to play a great round of golf, a higher fitness level equates to better results.

This fitness e-book is packed with golf-specific activities to help you improve your game and lower your scores. It includes stretching, flexibility, strength, and cardio routines designed to help you become more golf-fit.

We use the term "golf-fit" intentionally. This program is not intended to bulk up your body or make you look good in a swimming suit. The activities are all designed to help you perfect your golf swing, your golfing balance, and your endurance on the course. It is our goal that by following the program, you'll see a dramatic improvement in your golf game and scores.

Our program can be used by golfers of all ages. Young or old, men or women, these activities will help improve your flexibility, stamina, and endurance.

Because it would be impossible to know the fitness level of everyone reading this e-book, we have intentionally started on the lower end of the scale. For best results, follow the program and make any necessary adjustments to match your current level of fitness.

Disclaimer

Before beginning any fitness program—including the one presented in this e-book—always check with your doctor to ensure that it is safe.

None of the exercises suggested in this program involve pain. It is normal to feel some discomfort as you begin to work muscles that have not been exercised in a long time, but you should not feel any sudden, sharp pain at any time. If you do, stop the exercise and seek medical attention if needed.

If you have not been exercising for some time, start off slow and work your way up to the pace that feels comfortable for you, without being too aggressive.

Assumptions

This e-book makes certain assumptions:

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We assume that you already know how to perform a golf swing, and that you are familiar with the golf game in general.

We assume that you do not have access to a local gym or fitness center. The exercises in this e-book can be performed using inexpensive dumbbells or items commonly found around the home or office.

We assume that you do not have any medical condition that would preclude you from participating in a fitness program. If you do have a medical condition, get permission from your health care provider before starting this program.

We assume you will be doing the activities alone, but if you can find a fitness partner (husband, wife, or friend) you may find the program to be more enjoyable. While this program is designed for golfers, anyone can benefit from it.

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Week One: Getting Started

As with any other type of fitness program, ours requires some preparation. The following suggestions should be implemented during the first week of training.

1. It is highly recommended that you see your health care professional to get permission to undergo this fitness program. Tell your doctor that you are about to take a golf fitness program. He or she can then check the appropriate health aspects as they pertain to you.
2. You will need to find a place to do your exercises. This area does not have to be overly spacious, but you should have enough room to avoid knocking anything over. If you are exercising on a hard floor or want an extra layer of cushioning, you may also wish to purchase an exercise mat.
3. For strength training, you will need two 5-lb dumbbells. Or, you can use empty milk containers and fill them with water. By varying the amount of water, you can vary the weight.
4. Much of the cardio work in this program involves walking. Find a suitable walking path or street route and mark off distances of ½ mile, 1 mile, and 2 miles.
5. Being overweight can severely restrict your ability to make a good golf swing and can hamper your endurance level. For best results, find an appropriate diet plan.
6. Get a notebook for your fitness program. We suggest setting it up so you can monitor your progress throughout the 6-week program and beyond.

Getting Started: Warm Up

During this first week, there are plenty of tasks that don't directly involve physical fitness. Use this time to warm up your body and get your muscles ready for next week, when the real work begins.

Once you have your walking route planned, begin by walking as far as you can, up to one mile, and noting the time it took and the distance traveled.

Do not attempt to push yourself too hard this first week. If you find that you can only walk ¼ mile or so before becoming winded, stop there. As you progress through your cardio program, your distance will naturally increase.

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Try to walk at least four times during this first week. Again, jot down your distance and time for each session.

Primary Stretching

Your goal this week is to begin stretching your muscles to prepare them for the more strenuous activity next week. This is an important step, so do not discount it or skip it!

Muscles, ligaments, and tendons should be stretched slowly to avoid injury. Bypassing this first week of stretching will increase your risk of injury.

Arm Circles

This simple exercise can be used not only as part of this program, but also in your pre-game warm up. It is a great way to get blood flowing to your upper body while stretching some of the most important muscles used in the golf swing.

Start by standing with your feet shoulder width apart.

Extend both arms out to your sides, keeping the elbows straight.

Keep your head erect and your chin up.

Begin by making small circles with your arms. Do 5 circles forward and then 5 in reverse.

Slowly increase the size of the circles, adjusting to your level of fitness.

Knee Lifts

Place a sturdy chair to your right side. Use the chair for balance as you bring your right knee up. Hold for 5 seconds and take it back down.

Do 5 sets and then move the chair to the left side and repeat.

Body Twist

Hold both arms out to your side. Keeping your arms straight, rotate your trunk to the left and hold for 3 seconds. Return to center and then rotate to the right, holding for 3 seconds.

Repeat 10 times.

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Note: Keep your head and chin erect and facing forward as you do this exercise.

The above exercises should be performed twice a day for the entire 7 day period. Stop if you experience any pain.

Week Two: Stretching and Cardio

Stretching Training:

A good golf swing demands flexibility, and the key to increased flexibility is stretching. Last week we began warming your muscles to prepare them for your first week of stretching. This week, we will begin to incorporate cardio conditioning to improve your endurance.

The importance of stretching your muscles cannot be overstated. In addition to preventing injury in the neck, back, shoulders, and lower body, it also improves your overall flexibility, which is key to making a fully extended golf swing.

Cardiovascular Training:

While it's true that golf may not require the same level of cardio training as other sports, anyone who has walked 18 holes knows it can be a challenging task. This program is designed to help you build your endurance level and increase your stamina.

Cardio Training for This Week:

Last week, you began your walking cardio program. This week, you will continue on with the goal of improving your distance by at least $\frac{1}{4}$ mile, or 25%.

During this second week, we are not particularly concerned with time. Take as much as you need. If you need to stop and rest for a bit, do so. If you cannot increase by the full $\frac{1}{4}$ mile or 25%, just do what you can. Jot down your results in your notebook for each session.

Shoot for at least three walking sessions per week.

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Golf Stretching Program

Last week, you spent considerable time warming your muscles. During this second week of fitness training, you will continue with the warm-up exercises and will also add the following.

After completing the warm-up exercises, hold each of the following stretches for 15 seconds, as long as you can do so without pain. Then relax for 5 seconds and repeat for one more set of 15 seconds.

As you become more proficient, the muscle groups you are stretching will feel a bit tight, but should not hurt. If you feel pain, stop the exercise.

For maximum results, perform this routine at least three days per week, or ideally five days.

Shoulder and Chest Stretch

To perform a full golf swing, your shoulders and chest muscles must be limber and agile. This simple exercise can help loosen up the muscles that are seldom used in everyday life, but are essential to a good golf swing.

Stand with your feet shoulder width apart. Put both hands behind your back and interlock your fingers. Slowly, raise your arms as you bend forward. Do not press this one too far. Your ability will increase as you go through the program.

Hold for 15 seconds and lower your arms.

Release your fingers and shake your arms. Repeat.

Shoulder and Arm Stretch

Place your left arm across your chest. Place your right hand on your left elbow, pull your arm toward your chest, and hold. Release and repeat with your right arm across your chest.

One Arm Push Up (Assisted)

With your feet slightly less than shoulder width apart, place one hand on a sturdy wall. Slowly lean toward the wall until your supporting arm is halfway bent.

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Hold for 15 seconds and press back up to the starting position.

Repeat 2 more times and then switch arms.

Big Back Stretch

This is an excellent way to loosen up your back muscles.

Begin by kneeling on your mat, and then lower your back until your forehead is on the mat.

Bring both arms out in front of your head.

Slowly, slide your arms forward until you feel the pull in your back and your bottom is resting on your heels.

Once your arms are fully extended, slowly bring them back to your right and left.

Hold and then gradually sit up.

Repeat.

Low Back Stretch

A large number of golfers, both fit and unfit, experience problems with their lower back. Stretching those muscles is a highly effective way to avoid low back pain.

Begin by lying on your back with your left knee pulled up to your chest.

Using your arms, guide your left leg toward your right side and hold, keeping your shoulders down against the mat.

Bring your left leg back to the starting position, slowly lowering it to the floor.

Bring your right leg up and repeat.

Do 10 sets for each side.

Inner Thigh Stretch

Sit on your mat, keeping your back straight, and place your heels together. Using your hands, gently pull your feet back toward you until you feel a stretch in your inner thigh. Hold for 10 seconds and relax.

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Do 10 sets.

Squat Stretch

Standing with a chair to your side, slowly squat down and hold for 5 seconds. Rise and repeat.

Do 10 sets.

Quad Stretch

Using a chair for balance, stand with your legs shoulder width apart. Lift your right foot and grab it from behind with your right hand. Pull your foot upwards and hold.

Lower the right foot and repeat with the left.

Do 10 sets.

Wrist and Forearm Stretch

This is an easy stretch, but can bring about amazing results when done on a regular basis.

Hold one arm out in front of you. Using your other hand, grab the fingers of the outstretched hand and pull them back. Hold for a count of 5 and release.

When done correctly, you should feel a stretch in your forearm and wrist.

Note: You are not limited to these stretches. If there are others you are familiar with or enjoy, feel free to incorporate them. There are literally hundreds of stretches for every muscle group in your body. The more you do, the more flexible your body will become. Remember, a solid golf swing demands flexibility. Muscle suppleness allows you to increase club head speed, which is the key to longer drives and better accuracy.

Week Three: Flexibility and Cardio

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As mentioned in last week's section, flexibility is a key component of faster club head speeds. Muscle strength in the arms, legs, and chest is important, but it does not (and should not) serve as the main power source for your golf swing.

The amount of distance you put on a golf ball is directly related to how fast you can swing the club, not how strong or muscular your arms are. Many recreational golfers aren't aware of this simple fact.

The only way to generate faster club head speed is to become more flexible. As your body limbers up and you are able to make a fuller backswing, your distance will improve significantly.

However, flexibility is not enough in and of itself. Balance is crucial for the proper weight transfer required in most golf shots. It is also important for those shots when your feet are not on level or stable ground (such as in the sand trap).

Flexibility and balance work together. One without the other will not do you much good when it comes to improving your golf game.

Your task for Week Three is to continue with the stretching exercises from last week, adding 50% more to each set. Don't push yourself—if you cannot handle the full 50% increase, just do what you can.

Also try to increase the number of sessions this week, with a goal of 5 complete stretching sessions.

This week's cardio goal is to increase your walking distance by at least 25%. If you can do more, all the better. If you can't make it to 25%, do what you can and keep track of your progress in your notebook.

In addition to last week's stretching exercises, include the following:

Trunk Stretch

You will need a long club or broomstick to do this exercise.

Stand with your feet shoulder length apart. Put the club or stick behind your neck and hold each end with your hands.

Slowly, turn your upper body to the right as far as you can and hold for a count of 5. Return to center and then turn to the left as far as you can. Hold and return to center.

Do 10 sets on each side.

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Swing Stretch

Using the same set up as above, bend forward as if taking your normal golf stance. Turn as if you are in your backswing and hold. Most of the movement will be in your shoulders and hips.

At the top of your backswing, hold for a count of 3 and then slowly reverse direction as if coming into your downswing. Continue as if making your follow-through motion.

Perform this activity as often as possible, even if you cannot do the others. This exercise provides numerous benefits, including increased flexibility for those muscles used in the golf swing.

Note: During Week Three, if you begin to get bored with your cardio training, feel free to incorporate other activities in lieu of (or in addition to) walking.

Some alternate ideas include riding a bike, swimming laps in a pool, or jogging. If your walking or jogging route is mundane, consider using different routes that have more to offer in terms of visual interest.

The key is to continue with an activity you enjoy that will increase your heart rate and build stamina.

Week Four: Strength and Flexibility

In previous weeks, we've said that you do not have to be muscle-bound to make a good golf shot. Even so, you do want your muscles to be in top shape and good working order. That is where golf-fit strength training comes into play.

Strength training for golf is not the same as strength training for football or baseball. We are not as concerned with muscle mass as with muscle performance.

Let's take a quick look at how golf-fit strength training can help you, both today and in the long run.

Improved Distance

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Many experienced golfers believe that it takes less than two seconds to complete a golf swing, from start to finish. During this short amount of time, an enormous amount of energy is generated in the body and then delivered to the golf ball.

Flexibility is the key element in generating torque, but you need your muscles to be in good shape to generate faster, yet controlled, club head speed. This leads to greater distances and more controlled shots.

As we all know, golf is not a one-hole game. Your muscles must be strong enough to sustain a high performance level from the first tee to the last putt.

Strength Training for Golf Can Reduce Injuries

When you undertake a flexibility and strength regimen designed for golfers, you are not only loosening and toning your muscles, but also helping to prevent injury. Muscles that are cold, tight, and weak are most susceptible to strain during a round of golf.

Strength Training Program: The Basics

Strength training for golf does not have to be complicated or time-consuming. If you have access to a fitness center, all the better. If not, you can exercise your muscles at home with a few simple items.

Your Task for This Week:

Continue with the stretching and flexibility exercises from previous weeks. If possible, increase your reps by 25%.

Continue with your cardio program and try to increase your distance by at least 25%.

In addition, add the following to your exercise routine:

Standard Push Up

The push up is a great way to strengthen the upper body and arms. If you cannot perform a standard push up, modify the position by dropping your knees to the floor.

Everyone has a different level of upper body strength. This week, do as many push ups as you can and try to add an extra one each day. Keep a record of your results.

Leg Lift

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Your abdominal muscles play a major role in your golf swing. You can work these core muscles with this very simple exercise.

Lay on your mat, on your back, with your arms outstretched to your sides. Your legs will be straight out, feet together.

Raise both of your legs at the same time until your heels are about three inches off the floor. Hold for a count of 5 and lower.

Rest for a count of 10 and then repeat. Do 10 sets.

Note: You should feel a stretch in your midsection as you do this exercise. Once you have achieved some abdominal strength (and this may take a week or longer), work your other stomach muscles by varying the height of your heel lifts.

You will feel the stretch in different parts of your abs as you go through each different height.

Side Leg Lift

Lie on your side, using your hand to prop up your head. Lift your top leg and hold for a count of 10. Lower, rest for a count of 10, and then repeat. Do 5 sets and then turn to your other side and repeat.

This exercise will strengthen both your inner thigh muscles and lower abdominals.

Club Squat

Place your club or broomstick behind your neck. Stand with your feet shoulder width apart and slowly squat until you are about 50% down (about a quarter-squat). The goal is to flex and strengthen your thigh muscles in.

Hold for a count of 10 and come back up.

In addition to increasing thigh strength, this is also an excellent way to improve your overall balance.

Repeat 10 times.

Week Five: Strength 2 and Flexibility

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So far, you have been working on your stretching, flexibility, cardio, and strength training. Now, we'll introduce some new strength exercises using resistance training.

Resistance training improves blood flow and works the tendons, ligaments, and joints that might have been missed in other exercises, helping to improve your overall flexibility.

Your Task for the Week:

Continue with your stretching and flexibility exercises. Try to increase your reps by 25% over last week's results.

Your cardio task for this week is to increase your distance by 25-50%. Your ultimate goal is to walk three to four miles without pain or severe discomfort.

If you are unable to reach this goal within the six weeks of this program, continue with it anyway. With consistent effort, you will eventually reach this goal.

In addition to the above, include the following in this week's exercise routine:

Twisting Lunge

You will need a lightweight dumbbell or milk carton filled with water to complete this exercise.

Stand with your feet about six inches apart. Hold the weight with both hands in front of you, arms hanging down.

Step forward with your left foot, raise the weight to chest height, and hold. As your left foot hits the ground in front of you, twist your trunk to the left as well.

Return to the starting position. Repeat for the right side.

Do each side 10 times.

The Lunge Twist works several muscles and joints at the same time, and also helps to improve your balance.

As you become more powerful and agile, you may need to increase the reps or do more sets.

Hamstring Stretch

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This activity will work many of your muscles at the same time. Not only will it strengthen your hamstrings, it will also improve the strength and flexibility of your hips, abdominals, and lower and upper back.

Stand with your feet shoulder width apart. Raise both arms over your head and hold your hands together. Slowly, twist your trunk (head, shoulders, and upper body) to the right and hold.

While still facing to the right, bend forward and bring your hands down toward your feet. When you reach the point where you cannot go lower, stop, count to three, and slowly begin to recover until your arms are overhead again.

Rotate to the center. Repeat by turning to the left and bending as you did on the right side.

Try to do at least 10 reps on each side, adjusting to meet your level of tolerance. Do not press too aggressively with this exercise.

Try to keep your legs straight as you bend forward. You don't necessarily have to touch your feet—just do what you can. Over time, you will begin to see improvement in your strength and flexibility.

Week Six: Design Your Program

Becoming golf-fit is one thing. Staying golf-fit is another. If you have reached this point in the 6-Week Program, you have already invested a lot of time and energy into yourself. Now is not the time to stop.

What you have learned and accomplished so far will serve as the foundation of your future fitness and health. Staying fit is a personal responsibility, and no one can do the work for you.

Now that you have a base to work from, here are some tips on designing your own custom fitness program.

1. The reason we suggest setting up your own program is because the only person who truly knows your strengths and weaknesses is you!
2. For this reason, sit down and devote some quality time to designing your continuing fitness program. Don't be shy about making adjustments, and don't be afraid to set challenging goals for yourself.

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3. Spend some time online looking for new golf-fit exercises and activities to add to your plan. Many sites offer free information on golf fitness.

4. If you were overweight when you started this program, continue with your diet plan until you reach your goal weight. You do not have to have the perfect physique to play well, but carrying extra weight will only hamper and slow your progress.

5. A good way to begin your new fitness plan is to study your notes from the last several weeks. You now have a list of stretching exercises, flexibility exercises, strength routines, and cardio activities. Using a fresh piece of paper, organize your activities and the results you have achieved.

Look for areas where you have improved significantly, as well as those areas where improvement has been slow. This will allow you to pinpoint what you need to continue working on. Remember, not everyone will improve in the same areas at the same pace.

Do not expect to be able to complete all of these activities on the same day, during the same exercise session.

The key is breaking them down into smaller sets. Depending on how much time you have to exercise, select a few activities from each list, and then alternate them on subsequent days.

As you increase the distance you travel during your cardio sessions, they will take longer to complete. You may want to schedule your cardio work on days when you do not perform your flexibility or strength exercises. You should, however, continue to stretch before cardio work.

Diet and Nutrition Tips for Golfers

These well-researched tips are not so much about losing weight as about achieving optimal nutritional health and wellness. Golfers who apply these tips typically discover more energy, focus, and power on the course.

As mentioned early in this program, some people do not consider golf to be a "real" sport, as it does not involve any running or jumping or tackling (well, not normally, anyway!). The truth is golf is all sport, from start to finish—especially for those who walk the course.

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The food and drink you consume is what fuels your body. If you eat and drink well, you can expect good results. Conversely, if you make poor choices, you won't perform as well.

Here are some useful tips to help you make the right choices in food and nutrition for golfers:

1. Try to avoid sugar while playing. Pastry and soda will give you a sugar boost, but you will also suffer from a sugar crash within an hour or so. This will not only affect your ability to play well, but will also cause you to lose some mental acuity.

2. A cup of coffee or tea an hour before your first tee is fine, but try to avoid drinking caffeine right before you go out. Caffeine will affect your bladder and you will have to make a pit stop, losing valuable fluids early on in your game. Additionally, caffeine can affect your finer motor muscle skills in the body and can cause your brain to become over-stimulated, affecting your performance.

3. Avoid drinking alcohol while playing. Many golfers enjoy drinking a beer or two while playing, but this will affect your performance by lowering your coordination skills. Like caffeine, heavy consumption of alcohol can lead to loss of fluids and dehydration.

4. Whenever possible, eat a substantial meal 2 to 3 hours before playing to fuel your body. However, you should not eat a large meal less than 2 hours before you play.

When you eat a large meal, your body begins the digestion process. Much of your blood flow will be diverted to your stomach, reducing the amount of blood that goes to your muscles and brain. This will detract from your golfing abilities, physically and mentally.

5. While you should avoid eating big meals too soon before playing, it is just as important that you do not miss meals before play. Skipping meals will lower your stamina and endurance, causing you to become fatigued more quickly. You would not expect your automobile to go five miles on a completely empty tank, and you should not expect your body to do so either.

6. If you cannot get a meal in before your tee time, at least try to eat some fruits or vegetables. Apples, pears, oranges, and carrot sticks will give you enough energy to last a few hours. Again, try to avoid the sugary products often sold at the snack bar in lieu of something more nutritious.

7. One mistake golfers often make is not staying hydrated. Always bring along bottled water, especially during hot days. Keeping your body hydrated is a simple yet effective way to maximize your game performance.

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8. Carry healthy snacks in your bag. Sliced fruit and vegetables are excellent choices. Unsalted nuts, bananas, and trail mix are also good options.

Giving your body a "fuel boost" every five holes or so can often result in better performance and improved mental acuity.

The above tips can help you perform better, both on and off the golf course, but they will only work if you actually put them to use. Commit yourself to improving your nutrition, give it 30 days, and see the results in not only your course performance, but how you feel.

Conclusion

Golf fitness is based on a simple concept: the more fit you are, the better your game can be. Swinging the club freely and fully is a key component to making any type of shot. Walking the course without pain, discomfort, or breathlessness will allow you to play your complete game over the complete course.

When you are fit and conditioned, you can concentrate on your tactics and strategies and put them into action much easier than when you are struggling physically.

Improving your level of golf fitness is a personal responsibility. No one can do the work for you. No one can take your place on the exercise mat or the walking trail. You have to do it yourself—one step at a time, one day at a time, one week at a time.

Some of those reading this program will fail, simply because they give up. Every man, woman, or child can find a source of motivation, even when the going gets tough. It is up to you to find that one thing that will pull you up when you are ready to quit.

But even if you do quit, you can always try again later. It may take a few tries before you reach your goal. The key is to keep at it until you are successful.

Tip: If you find yourself feeling down or discouraged, visit your local golfing course and just walk a few holes. No clubs, no balls, no intention to play. Just stroll along the course, staying out of the way of other golfers, and enjoy the sights and smells. Let your mind relax as you contemplate this great game, and what it means to you and to all who play it. Allow yourself to reminisce on this historic game, its key players, and the sheer joy you get from playing it.

The best times are often the quiet times. We all need to renew our spirits now and then, and a quiet walk down the fairways is the perfect way to do it.

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Another way to refresh your desire is to volunteer to teach someone the game. Many young people would love to have a golfing mentor to show them the ropes. You don't have to be a PGA pro to teach a youngster the basics of golf. You just have to want to do it.

Don't give up. Keep plugging away, and soon your golfing performance and self-confidence will soar.

Bonus: Pre-Game Warm-Up Routine

Now that your body has become stronger and more flexible, it is time to put it to work on the golf course. Over the last several weeks, you have stretched, flexed, and walked your body to a higher level of fitness. Your effort and dedication has paid off, and you are still improving! So, what now?

Even though your body and mind are more finely tuned now than before, you still must respect the limits of your anatomy. Before every round of golf, a pre-game warm-up session is essential to preventing injury and loosening your golfing muscles. The main element to driving the ball further is club head speed, and this is directly related to how flexible you are during the backswing and downswing. Your warm-up prepares your body for all of this.

Some golfers skip their warm-up because they believe it is too time-consuming, but that's not the case with this routine. Besides, the benefits of warming up before your game far outweigh the amount of time required to complete these simple exercises.

Try this warm-up at home first. If you like it, include it as part of your regular pre-game routine.

Arms Circles

This simple exercise can work a lot of muscles at the same time, in less time than any other upper body exercise.

1. Bring your arms straight out to your sides.
2. Slowly begin to move your hands in small circles.
3. Gradually increase the size of the circles.
4. Continue for ten to twenty seconds, and then reverse directions.
5. Do two sets forward and two sets in reverse.

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Upper Body Extension

This quick and simple exercise helps to loosen up the muscles in your neck, shoulders, and chest.

1. Stand with your feet shoulder width apart. Take a long club and hold it at each end, letting it hang down in front of your body.
2. Take in a slow, deep breath. As you inhale, bring the club up over your head, keeping your arms straight.
3. With the club overhead, hold for a count of three and bring it down to the starting position while exhaling.
4. Repeat five to ten times.

Side Flex

This exercise is crucial for loosening up the muscles of the lower back, sides, hips, shoulders, and chest.

1. Assume the same stance as the prior exercise. Hold the club over your head.
2. Slowly bend to your right side. You should feel a slight stretch on your left side. Hold for a count of five, and then slowly straighten. Pause and then switch to the left side.
3. Repeat five times on each side.

Swing Flex

This is a quick routine that you often see the pros doing. It mimics the golf swing but at a much slower speed, stretching many of the major muscles used in the golf swing.

1. Place your driver or another long club along your shoulders, behind your head.
2. Grasp each end of the club in your hands.
3. Stand in the same stance you would take if addressing the ball for a drive: feet shoulder width apart, with a slight flex in your knees.
4. Bend forward again, as if preparing to hit a ball.
5. Slowly rotate your torso, mimicking your backswing.
6. At the top of your backswing, rotate back to the starting position. Continue forward, as if performing your follow-through.
7. Repeat eight to ten times.

Note: This exercise is not about speed, but stretching. If you try to do the swing flex too quickly, you will lose many of its benefits.

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Lower Back and Hamstring Stretch

1. Hold a club in both hands.
2. Bend your upper body at the waist and let your arms hang in front of you.
3. Slowly move the club lower to stretch your hamstrings.
4. Return to a standing position.
5. Repeat six to ten times.

Modified Squat

1. Hold your club in front of your body with both hands.
2. Begin a squat, using only the knees.
3. Your upper body should be erect and still. Keep your back straight.
4. Hold for a count of five and stand up.
5. Repeat five times.

This pre-game warm-up can be performed in a matter of minutes. If you schedule it as part of your game-time, you will be able to run through these in less time than you might imagine.

The warm-up routine we have suggested is a good one, but it is not the only one. If you have other exercises that you prefer, you can substitute one of ours or just add yours to the list. Just be sure to stretch all of the major muscle groups.

In addition to loosening your muscles for better performance, a solid pre-game warm-up routine also gets your blood flowing to your muscles and your brain. This can give you a distinct advantage over players who have not warmed up.

Tip: Your warm-up should be done within ten minutes of tee off. If you let too much time pass between warm-up and first tee, your body will cool down and you will need to repeat your routine.

If you suspect there may be a delay, keep your muscles loose by doing a couple of the exercises as you wait.

Do this routine before your next round of golf and see if your performance improves. The results will be well worth the few extra minutes.

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Recommended Reading

Power Golf Program – By Mike Pedersen

Mike Pedersen is a golf fitness trainer that knows exactly what you need to be at your physically best for golf. Following his "Power Golf Program" will ensure you are not lagging in these areas.

Over the last 9 years, Mike Pedersen has refined his golf fitness program using a painstaking method of trial and error research. His knowledge of golf fitness is now so in-depth that he is confident that even learning simply one of his golf exercises can impact on your overall performance.

His Power Golf Training Program is an eBook that is full of little known improvement tips, techniques and methods that extend beyond the expected fitness information - and into areas such as psychological factors, aging, motivation and enjoyment.

His book addresses golfing fitness in ways you may not have even considered yet:

From learning the secret to training your muscles correctly, to training your body for 'killer' swing demands, to making your body surprisingly limber and your balance rock solid.

The really great thing about the fitness tips he covers is that you can practice most of them at ease in your own home - and surprise your friends the next time you're on the golf course.

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The tips he gives are simple, effective, and definitely not boring! With every exercise he thoroughly explains its purpose, and makes it easy to understand what you are solving. There are even simple 'sweat-free' exercises you can do in your office while on a 10 minute break!

Mike Pedersen has been a golf fitness trainer for nearly 20 years now, and he has helped all kinds of players. It doesn't matter if you're 70 with a bad back or shoulder, Mike can show you through.

We think Mike Pedersen's Power Golf Training Program is essential - there is nothing more important than taking good care of your body, and if it means improving your golfing ability too - then you can't lose! This is a 100% guaranteed program for increasing driving power, and knocking strokes off your scores. Pick up your copy through the link below:

<http://www.yoursite.com/go/powergolf>

How to Break 80 – By Jack Moorehouse

<http://www.yoursite.com/go/break80>

How to Break 80 is a comprehensive guide to improving your golfing skills - from learning in detail how to deal with bunker shots, to learning the secrets to reading greens properly, Jack Moorehouse has every area covered.

One of the most appealing things about the How to Break 80 program is that it is written and designed for golfers who are not professionals. This makes the program personalized, and much easier for everyday golfers to relate to - there are no feelings that mastering a particular skill could be 'above you'.

Remember, this program is guaranteed to improve your golf game (over 100,000 golfers so far!), and it has featured in major golf publications such as Golf Digest, Golf Tips Magazine and Golf World.

Jack Moorehouse makes it easy for you to use what he calls the "Tiger-like" fundamentals (after the famous golf professional Tiger Woods) to lower your score, and keep you enjoying the game at the same time.

How to Break 80 is suitable for both men and women alike, and left-handed golfers can no doubt benefit from this program too - although it is mostly tailored for right-handed golfers, and you may need to reverse some of the instructions.

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On top of the guide, purchasing How to Break 80 will also give you State of the Art Golf Performance Tracking Software - so you can easily monitor your improvements in all areas of the game.

The software keeps track of over 40 statistics, and just some of these are: Fairways and greens hit, actually handicap, your best games, different courses played... and so on. Don't be put off by the term "software" - it's really user friendly, and much more useful than keeping a pile of old score cards in your draw somewhere.

You can also rest assured that with How to Break 80, you will always have the most up to date knowledge and tips. As part of the package, Jack Moorehouse includes free lifetime upgrades to the system.

The Best Part

We found the best part of the How to Break 80 program to be the step-by-step method in which the techniques are taught. There is no guesswork involved here, Jack Moorehouse breaks it down so you know exactly what you should be practicing when, and for how long.

If you are serious about lowering your golf score, I highly recommend you purchase this program. You can order it risk free for 60 days through the link below:

<http://www.yoursite.com/go/break80>

Lady Golfers Guide – By Anniket Coleman

<http://www.yoursite.com/go/ladygolf>

Anniket Coleman presents a detailed golfing guide tailored specifically for women golfers. Much of the advice given by male golfers teaches a golfer how to become more flexible to improve their swings, and so forth. However, Anniket understands that a different approach to golfing for women is needed, due to this often neglected truth:

"Women are more flexible than men, have more efficient swings, and are more naturally suited to the game".

This astonishing fact is a quote from Anniket Coleman, and is why the "Lady Golfers Guide is an important resource that all female golfers should read.

She emphasizes that while males may have more muscle than females on the golf course, this does not equate to a good swing - meaning that lady golfers should not feel intimidated on the golf course by males.

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<http://www.experiencedgolfballs.com/go/powergolf>

Her guide covers ALL areas of golf. Beginning with a section on women and 'golf course blues', the book logically progresses from a history of golf, to detailing the anatomy of the golf course, the equipment to use and tips for buying and caring for your equipment wisely, the basic rules and golf 'how to's', to a detailed lesson guide, and plenty of tips.

Most intriguing is the yoga fitness section that teaches women the best yoga techniques for playing golf. This section complements the previous chapter on preventing golf injuries, and her guide even discusses golf for kids, and provides advice on the best time to get them started.

You can have a sneak peak at the table of contents by visiting this link:

<http://www.yoursite.com/go/ladygolf>

In summary, it is a fresh approach to golfing for women that will give you all the tips, tricks and advice you need to make the best decisions and moves out there on the course - and make your male counterparts feel intimidated!

Included in the purchase of her eBook are a number of freebies (totally \$200 in value!). These are supplementary guides, one of which is called "The Tee Time Diet", detailing the ideal diet for golfers, and the other guides give more detail to certain aspects of the game.

<http://www.yoursite.com/go/ladygolf>

Other Useful Guides:

- **Amazing Golf Mind** *By Andrew Scott*: Scott uses a combination of audio mental golf training techniques to eliminate fear and anxiety, and drop your golfing score. The technique works by using a combination of subliminal affirmations, brain wave states and relaxation techniques. If you're unconvinced, know that Tiger Woods is said to have practiced techniques such as these since he was 13 years old. To read more about the Amazing Golf Mind and get your own copy, follow this link: <http://www.yoursite.com/go/golfmindset>
- **Superior Golfing** *By Jack Williams*: Williams has developed the Superior Golfing guide as a way of teaching golfers to eliminate their bad habits, and bring out the superior game that they are capable of playing. To read more about the Superior Golfing Guide and to get your hands on a copy, follow this link: <http://www.yoursite.com/go/supgolfing>

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