

Golf Fitness for Putting? You Bet!

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For anyone who is struggling with their putting or just wants to lower their putts per round, strengthening your core muscles and improving your balance may be your answer.

Should you get fit for putting? Absolutely! Rich Beem said it best after putting lights out when he won the PGA Championship in 2002. He said his last pre-putt thought was to contract his abdominals before making a stroke. He knows how this simple step can help stabilize his body for increased putting accuracy.

For anyone who is struggling with their putting or just wants to lower their putts per round, strengthening your core muscles and improving your balance may be your answer. Improved posture and core stability will help produce a smoother, more stable pendular motion.

Test your stability on a practice green by casting a shadow in front of you. See if your shadow moves AT ALL during a putting stroke. If it does, see if you can stabilize yourself by slightly contracting your lower abdominals and bending slightly more from your hips to straighten your spine.

If you have difficulty finding your lower abdominals, stand as tall as you possibly can with your stomach pulled

in and shoulders down and back. Maintain that level of support as you assume your putting address position.

Anything you can do during the day to challenge your balance is another way to improve putting accuracy. Standing on one leg while brushing your teeth or waiting for an elevator, for example, can help your body learn to stabilize itself. In our centers we do a lot of high level balance work from standing on unstable surfaces to high-tech computer balance systems. We know that improved overall balance improves ball striking from driver to putter, from golfer to golfer.

We often get asked about the use of belly and long putters vs. regular length putters. Putting, putters and putting grips vary greatly, so try as many variations as you want to find what feels the best for you. Even Tour players change these variables on a regular basis. The most important factor is how stable you are without compromising your body in the process.

It is amazing how many “just putting” injuries we treat a year. The worst thing you can do to your low back is load it (stand or sit), bend forward (round or slouch), then rotate. Many golfers feel they need to round way over the ball to get their eyes directly over the ball. This compromises their bodies and their putting accuracy.

Yes, many outstanding players have this type of putting stance, but they have hit thousands of balls to groove the motion, and many have had a number of physical problems that still haunt them. Your body has fewer joints to control if it is strong, stable, and balanced. And as you know, your body is the most important piece of equipment that you own.


Please feel free to contact us at Body Balance for Performance if you have any golf health or fitness questions at 312-214-9079. 



Photo by Terry Witt 2003

Is poor posture costing you strokes on the dance floor?