



Janine Young

GET FIT

YOU ARE ONLY AS STRONG AS YOUR WEAKEST LINK

Probably my favorite quote from one of my favorite teachers, Dr. Tom House. In addition to being a member of the TPI Board of Advisors Staff, and recognized as one of the world's foremost authorities on pitching, Dr. House has brought his research in elite sports science and sports technology to the fast growing field of Golf Fitness and Performance Training and applied it to the health and fitness needs of the both the Professional Athlete and the everyday individual. His body work training progressions—our favorite at Elite Golf and Fitness for group and junior training—are simple to learn and use only body weight and gravity as resistance. They are safe and effective for all ages and level of players. And one of the best things about Dr. House's programs is the ability to perform them on the road. No Excuses!

The fundamentals of Dr. House's program fit into his philosophy that:

"Health and Performance, in any sport, are supported by four preparation variables:

1. Biomechanics
 2. Functional Strength
 3. Proper Nutrition
 4. Mental/Emotional Management."
- (www.mytpi.com website)

We will focus on the Biomechanics and Functional Strength components of this "Preparation". These two components work hand in hand...however no matter how strong you might become functionally, if you have inefficiency in your movement pattern – a **golf swing fault** – you will eventually end up stressing a body part excessively, and/or not being a consistently good ball striker.

Here are two very important points to consider:

Are you training enough to handle the mechanics and strength requirements to maximize the efficiency of your movement? This is important as we develop and especially, if we are attempting to relearn movement patterns.

Are you training harder than your strength and mechanics can support? "Overtraining will create neural stagnation with deficits your body cannot recover from."

In the simplest terms, you might be as strong as a horse, but if it hurts to lift your arm, which does not weigh all that much relatively, over your head, be real – you have a weak link. I know plenty of guys that can bench press the room, but cannot hit the ball out of their own shadow. These are usually the ones with the shoul-

der issues too, and, more often than not, will tell you that it does not hurt while swinging the golf club – it just hurts **after swinging it 100 or 150 times.**

Functional Strength Training should include integrated flexibility work, joint integrity work, **body work**, machine work, free weight work and endurance work. These are all integral components to creating a balanced athlete, prepared for performance. The following body work exercises incorporate Integrated flexibility, joint integrity training techniques and target the **weak link** areas we see most frequently.

SHOULDERS/ROTATOR CUFF

Prayer Palm Presses—A great exercise to help develop flexibility in the wrists and strength in the rotator cuff.

Start with your hands out in front of your chest, palms pressed together, fingers extended, and elbows out parallel to the floor. Now press each hand against each other keeping your elbows parallel to the ground. Finally, pressing your hands together, make big rotations with your forearms forwards and backwards, three times in each direction.

CORE/LOW BACK

Supermans—This is a great exercise to get you additional flexibility in your shoulders and spine and strength in your core.

Lying face down, start by extending your left arm and right leg. Then lift your right arm and left leg and then both your arms and legs at the same time. You can vary the pattern in which you lift—arms first then legs or legs first then arms. Repeat 5 times with each movement.

HIP/SI JOINT

Figure 4 Hip Lifts— This is a great exercise to build trunk and core stability. It really targets the glute medius.

Lying on your back with your legs straight out, cross your right foot over your left leg and place it just outside your left knee. Give yourself a quarter turn to the left and lift your butt off the ground with your left foot. Repeat 5 times and then switch to the other foot.

KNEES

Accordions— A great way to develop knee stability and overall balance in the lower body.

Start with your feet and knees wide apart and your back parallel to the floor. Next, take both elbows and place them on the insides of the knees. The hands should be in a prayer position directly in the middle of the

knees. Begin the drill by squeezing both knees directly together as hard as you can for a count of 3. Next begin to accordion walk your feet inwards ... both toes come in, then heels come in, etc, until the feet are approximately armpit width apart from one another.

FOOT/ANKLE CIRCUIT EXERCISE—

Ankle Windshield Wipers— This drill will help to gain mobility and stability in the ankle joint.

Sit in a chair that allows the upper leg to be parallel to the ground. Next, make fists with both hands and put those fists together between the two knees so that you create a knee-fist-fist-knee chain. Keep the feet directly under the knees and lift toes and forefoot off the ground. Now turn both feet to the right as far as possible, and then back to the left as far as possible. The ankles will resemble the motion of windshield wipers on an automobile. Make sure to anchor the heels as the center of rotation not allowing forward or backward movement. Perform this drill in a slow and controlled manner.

As Titleist Performance Institute (TPI) Certified Golf Fitness Instructors, the Elite Golf and Fitness Staff is trained to implement the protocols that the PGA Touring Professionals use to identify their strengths and weaknesses to design and create their individual golf performance training programs. In order to achieve maximum success, we would encourage you to go through our complete assessment process – the Eagle, including a 2D and **the only TPI 3D video swing analysis available in the Kansas City Area**, exclusive to the TPI and the Elite Golf and Fitness Process.

We are proud to bring to you the only Complete Titleist Performance Institute Model in the midwest and announce our new partnership with Tony Phillips and his staff of the Inside Sports Clinic and our new location "Inside" Will Shields' 68 Inside Sports Complex located at 11301 W. 88th St., Overland Park, KS 66214.

Interested in finding out more? Contact us at 913-226-7092, or www.elitegolfnfitness.com.

Special thanks to Kelli Alldrige in the photos to the right.

Have any questions? Please give us a call at 913.226.7092 or send us a email at contactus@elitegolfnfitness.com.

We look forward to helping you achieve all your Golf Fitness Goals!

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Prayer Palm Presses



Supermans

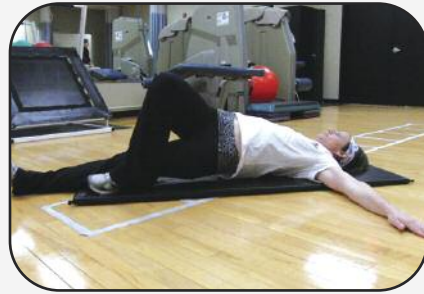


Figure 4 Hip Lifts



Accordions



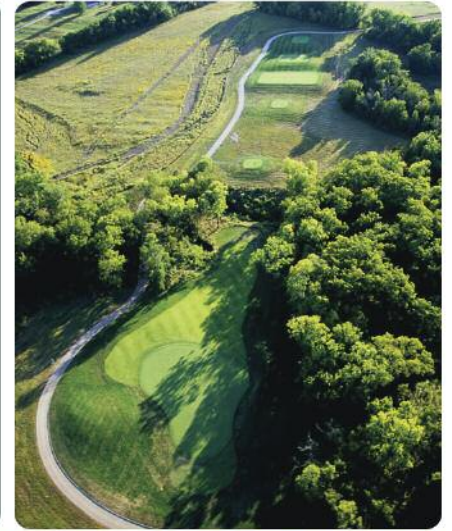
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