



TRAINING for the modern golfer!

Most of us spend too much time sitting down, we don't exercise enough and the trend is moving in the wrong direction. Golf is a great walking sport, and a regular level of fitness is most likely explanation for why physically active people have fewer diseases, live longer and feel a higher level of wellbeing.



It's important to find a good balance between golf training, regular exercise, rest and diet in order to cope with the strain that the golf swing puts on the player.

The basis of all physical activity is good joint mobility and muscular control. When it comes to golf, it is primarily the stability of the torso, and mobility in the hips and back, that is important.

High intensity pole walking before a game of golf is a good activity in order to "wake up" the body, followed by light flexibility training with the pole to prepare the body for golf practice.

BungyPump training is also a great complement for golfers to improve torso stability. The constant resistance inside the pole activates and strengthens the stabilizing core muscles and provides increased stability and mobility in the hips and spine area.

***By using the BungyPump poles
you efficiently will improve your stamina,
strength, stability and flexibility, which in turn
will give you a better golf swing!***



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