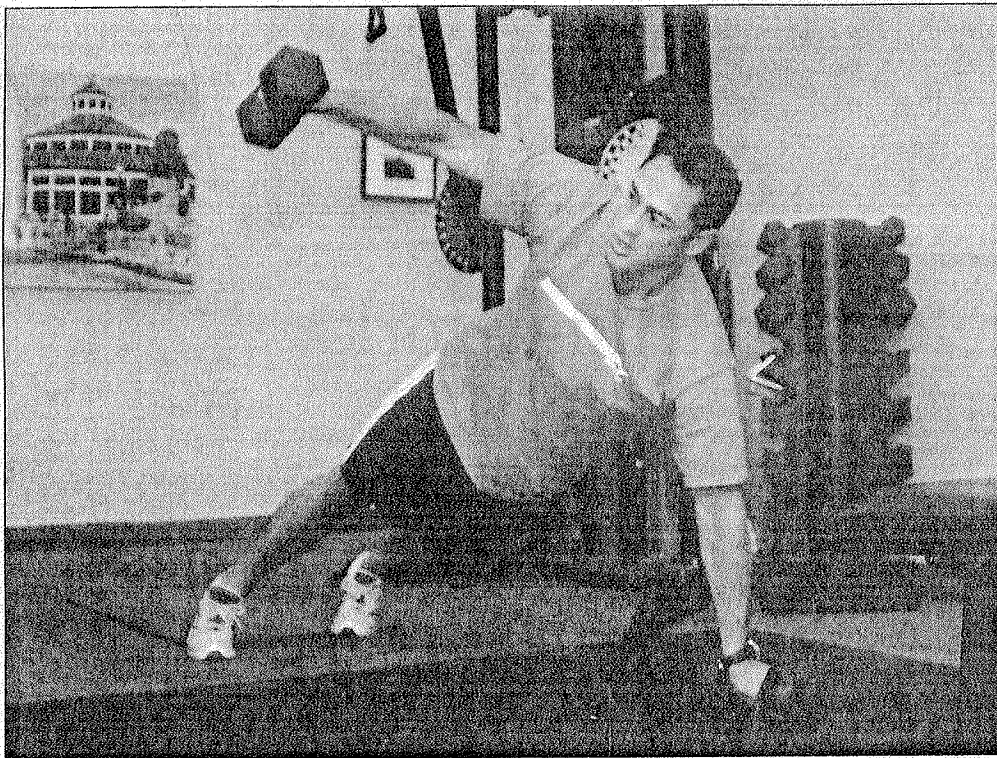


# Stretching key to good golf



STAFF PHOTOS BY ANGELA LEWIS

Julian Kaufman demonstrates a workout routine for golfers Tuesday at Fitness Together on Frazier Avenue.

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STAFF WRITER

Golf is an athletic sport, but it's participants may not always be athletes.

Sore wrists Sunday night, a throbbing pain in the back Monday morning and hamstrings that feel tight for a week are common problems for golfers who neglect their body or the fact that golf is an athletic experience.

"There's a lot more going on athletically in golf than in a 100-meter sprint," said Julian Kaufman, owner of Fitness Together. "It's not a hard case

## LISTEN UP

Audio is at [www.timesfreepress.com](http://www.timesfreepress.com).

from an exercise science perspective to argue — it's extremely athletic, uses a lot of muscle groups and the whole body."

Golfers who go without a workout routine are more likely to suffer soreness or actual injury.

"The average Joe can go 100-120 strokes and swinging a club as hard as you can puts a lot of strain on the body," said Scott Brincks, head strength and conditioning coach at the University of Tennessee at Chattanooga. "If golfers aren't used to it, or haven't conditioned for that, they're going to be sore after and they're going to get tired during the round."

"When you get tired, you lose all fundamentals of a swing — the actual putting chipping and everything else goes bad."

Area golf instructors and fitness experts concur that introducing a physical workout to a weekly golf routine can improve results and reduce soreness from playing 18 or 36 holes.

"Golf strength doesn't have anything to do with what you bench or what you can lift over your head," said Doug Amor, the new head golf professional at

## WARM-UP ROUTINE

Fitness Together owner Julian Kaufman recommends a warm-up routine before playing a round of golf. "You make look a little silly doing it," he said, "But when it comes time for that first drive, you'll be more ready than anybody else in your group."

1. Pushups — 10-15 of them.
2. Body-weight squats — 10-15 times.
3. Lunges — 10-15 times with each leg.
4. Side lunges — 10-15 in each direction.
5. Over-head side bends — with a club.
6. Over-head twists — with a club.
7. Old-fashioned arm circles — 10-15 seconds.
8. Towel-swings — get faster each time.
9. Swing two clubs.
10. Swing one club — focus on technique.

Canyon Ridge Golf Club. "The whole golf swing is built upon building torque."

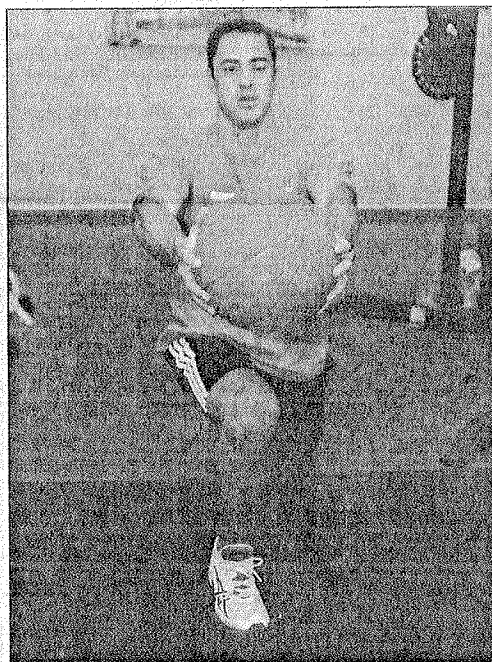
"The more you can turn one body part against another, the more torque you create, and when it's released at the right moment creates the power."

Athletic trainers are able to design sport-specific routines for golfers with the goal of lowering scores, preventing injury and reducing recovery times.

Kaufman's general plan for golfers includes a variety of exercises designed to train fast-twitch muscles, build power and improve flexibility and stability.

"Flexibility and stability are huge in golf," Kaufman said. "If you can't stabilize your body, you can't repeat the same mechanics time after time. Flexibility involves being able to move in the ranges that golfers have to move."

Some exercises in Kaufman's



Julian Kaufman demonstrates an activity to improve stability and core strength for golfers.

plan are traditional like a calf stretch, some are variations on Olympic lifts, and others incorporate yoga or pilates.

"Whether it's a drive or a short putt, it's an athletic move," Kaufman said. "Think of the body as a chain with three links — they have to be connected and the core is the key."

UTC assistant strength and conditioning coach Matt Green works with the men's golf team during the school year. His regiment for the college athletes involves a mental aspect beyond physical training and conditioning.

"When it comes down to the last hole of the last round, we want them to have enough stamina and confidence to hit

the great shots," Green said. "We stress to them to never get tired. If they get tired, it's like the end-game."

"If they get in shape and can handle themselves in (the gym) it takes pressure off them on the course."

Cindy Smith, who recently took up the game so she and her soon-to-be retired husband will have a common activity, routinely works out at the Signal Mountain Athletic Club.

"I do a lot of cardio so I can build up my endurance, especially with my legs," Smith said. "My exercises are helping my flexibility which is helping my golf game."

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