

Published based on [How Golfers Can Avoid Achy Backs](#)

# How Golfers Can Avoid Achy Backs

Lowering one's golf handicap especially if you are a casual weekend golfer earns bragging rights on Mondays. But before a weekend warrior tees up on that first tee it may be wise to do a little golf preparation. What I mean by that is to get yourself in golf shape through exercise. Even professional golfers today take exercise seriously because they know that today's golfers are stronger physically. Some work as hard off the golf course as they do on the golf course. Just take a look at the new generation of professional golfers the next time you plop down in front of the TV.

If a casual golfer thinks that all you have to do is tee it up high, rear back and swing with his big head driver, then he is going to be in trouble. Without proper warm up or properly preparing the muscles in the lower back that golfer is looking at a sore back. And if he thinks all he has to worry about are sand traps and water hazards he should think again. His back may not be sore that day but wait till the next day. He can benefit from light stretching otherwise his golf swing may not have full extension.

So how do you stay healthy through golf season? You start by strengthening the muscles you use in a golf swing. Concentrate on the lower back and core muscle group. Not sure where to start? If you belong to a gym seek the advise of a certified personal trainer. Let the trainer know your desire to avoid injury playing golf. The trainer should be able to give you the proper instruction of exercises you can do at the gym and at your home. If working out at home is more convenient for you, personal trainers make house calls or if you rather you can watch instructional golf exercise videos at home. There are fine online fitness stores that carry affordable fitness equipment needed for these exercises.

With a golf swing, your body goes through a series of positions. These include rotation, forward flexion, and extension. It is extremely important to warm up properly before you take your first practice swing at the first tee. If you rather prepare at home and not spend money on a personal trainer, buy a few pieces of home exercise equipment you can use on your own. Purchase a dumbbell or a kettlebell. Both are great for strength training. If you use a kettlebell, start with a slight bend at the knees, slowly swing the kettlebell right and left for an easy rotation of your spine. And remember you don't need a heavy weight here. Make sure you keep your abs engaged for support.

Another good upper body workout you can do in your home is exercises using a resistance band. These bands come in various resistance levels so even if you are new to it you can start with a lower level workout of less intensity with more reps until you feel comfortable going to a heavy resistance band. Finding exercises is easy. Seek out exercises with resistance bands on the Internet. What makes this fitness tool unique and highly functional is its ability to keep you going from one exercise to the next in a fluid motion. Much easier to do then with a heavy weight and extremely beneficial in results.

A good golf swing relies on good balance. Balance pods, balance boards, even balance pads all provide help in keeping you in balance fitness shape. Senior golfers can benefit from balance exercises. Balance training using a foam balance pad at home is one way to exercise. Step on the pad with one leg and come off and repeat with your other leg. Try holding your position on the pad a second or two. Repeat these steps to develop lower leg strength. Balance training boards are another good tool to strengthen the lower body, but with this it may be best to hold onto a secure object at first. Why the board? Look how good a skateboarder's balance is. Now imagine your golf swing.

Golfers use [resistance band training equipment](#) to keep in proper golf condition. Keeping loose and flexible with an [ideal stretching tool](#) like resistance bands.

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