

Published based on [Learn How Golf Training Has Changed Over The Years](#)

Learn How Golf Training Has Changed Over The Years

Golf training has changed a lot over the last few years. If you look back to the golfers of the 60's and 70's, they weren't spending plenty of time inside the gym.

They most likely saw more of the clubhouse bar than they saw of the gym within the clubhouse. As a matter of fact, up until the preceding decade or so, training for golf did not exist at all.

For the most part, a lot of golfers over the past century practiced particular shots - sand shots, shots inside the rough, chips, etc. - and hit buckets of balls, but they did not do any particular training for golf. All they did was PLAY golf.

If you take a look at the best golfers these days, however, you will witness that their bodies look much different than their predecessors. They are much more muscular inside the shoulders and across the chest, they have much smaller waists, and their thighs are stronger.

Their forearms, biceps, and even their triceps are all well-developed to continue a fast swing speed. Golfers such as Tiger Woods, who spends hours inside the gym every week, have witnessed the payback of working out.

Tiger is famous for running for miles on a treadmill and lifting weights - so much so that you can observe it in the way his body has altered over the years. He has remained strong and on top of his game for almost a decade.

Of course, you do not have to look like a pro golfer. However, just about all of us can increase our level of fitness and in turn will realize a major improvement in our play.

Golf is much more than just a long drive and a good putt - it is all those hundreds of swings in between that can also be improved upon. By making a body that will stand up to hours of play, a lot of swings, and miles of walking, you have to work out.

To learn how to improve your swing quick and easy [Click Here](#). If you want to know more about improving your swing so you can hit that perfect shot with consistency then you definitely need this good [Training For Golf Swing](#), which can definitely help you.

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