

How Using the FitBall Can Quickly Improve Your Balance and Stability in Golf

Are you getting tighter by the day? Do you feel like your backswing isn't what it could be? Are you tense on the course? Using a Fitball may well help!

There is a growing number of golfers who are taking up the Fitball. The Fitball is a great resource for not only improving your flexibility – but strengthening your core and improving your balance for a more stable golf swing.

Incorporating a Fitball into your routine might also add some interest to your exercise programme - where you know you should do something, but don't always feel like it!

As well as a challenge, the stability ball works the core and stabilizing muscles of the entire body. Add some Fitball exercises and you've got a great workout that will dramatically improve your golf game.

A simple exercise to relieve back discomfort - and stress on your hips when you play.

This exercise targets the muscle groups in your hamstrings, glutes and hips. These are key muscles to strengthen to not only minimise back pain, but improve golf posture and stability in your swing.

The "Bridge On The Ball"

Sit on the ball and roll out until only your head and upper back are on the ball. Now raise your hips up until they are parallel with the ground. Hold this position for up to 10 seconds and repeat 5 times. The body bar increases the difficulty.

Benefits of Fitball Training for Golf

A safe and effective program improves golf performance, reduces the risk of injury, reduces muscle soreness, improves muscular balance and posture. Regular use of the Fitball puts you in tune with how you really feel on the course. Being able to trust your body during every shot will greatly reduce the amount of tension you produce in your swing give you the best chance at solid-ball contact and greater distance and accuracy.