



GOLFBAND IS THE ONLY RESISTANCE YOU NEED

The GolfBand is the ultimate companion suitable for golfers of all ages, levels and abilities. The exercises are effective for developing and maintaining strength and flexibility in muscles important to golf. The simple programme helps to improve your game, decrease risk of injury and help with overall golf fitness



Strength in your arm muscles will help to increase your clubhead speed, resulting in increased length off the tee. Stronger arms and wrists also help you play shots around the green and from out of the rough. The large muscle on the back of the arm (tricep) is responsible for the straightening of the arm. It aids extension and width in the swing, helps with the connection between arm and body and assists in achieving maximum impact between the club and ball.

The upper back muscle group is the largest muscle group in the upper body. Strengthening these muscles will help to control the backswing and help a golfer keep a good posture during the swing.

DOUBLE ARM TRICEP KICK BACK

Works the triceps banishing those bingo wings.

- Place the GolfBand flat on the floor and kneel on the middle of it
- Sit back onto your heels & slightly lean your body forward.
- Grip the ends of the band in each hand.
- Take both arms back keeping the elbows bent; make sure both arms are parallel.
- With elbows pointing backwards straighten your arms with the movement coming only from your elbows
- Slowly return to the starting position
- Suggested number of reps 2 X 10-12

REVERSE FLY

Works the postural muscles of the upper back (rhomboids, trapezius muscles rear and deltoids)

- Stand with feet shoulder width apart.
- Hold in your stomach and relax your shoulders.
- Hold the GolfBand with hands held in front of your chest, arms slightly bent and elbows raised to shoulder height.
- Squeeze your shoulder blades together and pull your hands apart out to the side.
- Slowly return your arms to the starting position
- Suggested number of reps 2 X 10-12

• Different strengths of GolfBand are available to suit all ages and abilities. RRP from £9.99. Available from leading golf retailers, Pro Shops and www.golfband.co.uk. Quote WGsept13 at the checkout to receive 20% off all GolfBand products

• Look out for the next issue featuring more GolfBand drills and exercises. [@golffingband](https://twitter.com/golffingband)

