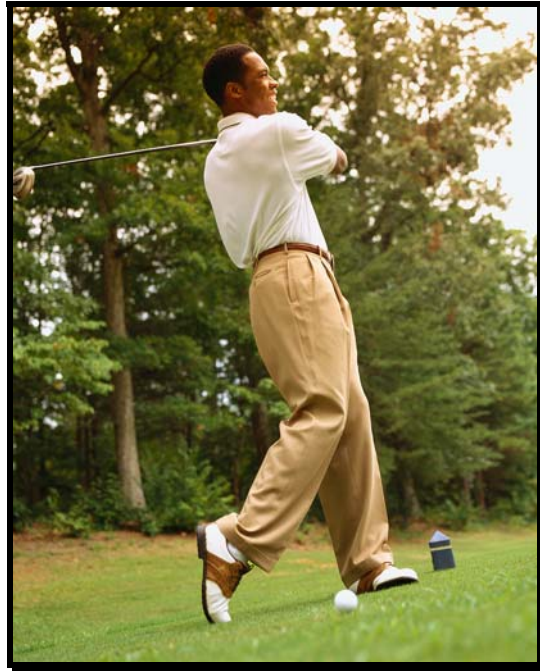


FIT TO A TEE



*Discover The Missing Link
To Playing Your Best Golf*

By Mike Pedersen

Have you ever wondered what makes a professional golfer stand out above the rest?

Is it just their natural born talent, or do Tiger Woods, Larry Nelson and Annika Sorenstam have other secrets? Come on...you don't believe they just woke up one day and became pro-stars do you?

Of course not! These professionals are backed with years of practice, and also actively take part in a golf-conditioning program.

Feel free to **PASS THIS ALONG to anyone you know that needs improve their game, as Long as You Do NOT Modify it in Any Way.**

I created *Fit to a Tee* for every golfer who needs the help contained here.

Just send a copy of the digital file to your favorite Duffer, attached to an email.

Hello,

*My name is **Mike Pedersen** and in this mini guide, **Fit To A Tee**, I'll give you the basics behind the secrets of golf conditioning programs.*

*Once you find out how simple it is to apply golf fitness to your lifestyle, you will be amazed how quickly you'll **catapult your performance** and be humiliating the rest of the players in your foursome! You'll be the one on TOP for once!*

I can assure you this is no gimmick! I am a certified conditioning expert specializing in fitness for golf, a fitness consultant and lecturer, and author of hundreds of articles printed all over the world, including the top golf websites at pga.com and golfonline.com. I've spent the better part of 10 years developing golf-specific fitness programs for golfers of all ages and abilities.

*I am the author of the first online golf-specific fitness ebook called the **Mike Pedersen's Ultimate Golf Fitness Guide**. And I am proud to tell you, that I have had the pleasure of helping **over 10,120 golfers** gain amazing results from my golf-conditioning program.*

*I know **Fit To A Tee** will re-ignite any passion you've lost from being discouraged by the outcome of your golf game. After reading this guide you will understand how you can improve on your level of strength and flexibility, so you can begin to expose your "untapped" potential! I want you to succeed, and I know you can. Golf is an awesome game and I look forward to helping you.*

*Don't let the idea of fitness and exercise scare you...and trust in the words of **the world-renowned golf instructor, David Leadbetter**, who said:*

"In the future, fitness is going to play a big part in golf. I believe in the holistic approach – golfing technique, fitness, mental (preparation), and nutrition. I utilize it for the average golfer and touring pro as well – cardiovascular training, strength, and especially flexibility. I think fitness plays an important part in mental discipline – being tired coming down the last few holes can lead to letting a few shots slip away. I think players who feel fit feel have the edge. I'm a big believer in fitness, and if golfers take the time to stay fit they can

reach their goals.”

I look forward to your success, and hope to hear from you soon.

Hit'em Long & Straight!

Mike Pedersen

The Golf Trainer

PerformBetterGolf.com

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Conditioning For Golf

*Conditioning for golf is **critical to your golfing success**. It's about you possessing the knowledge of what simple and effective exercises to do that will improve your game, as opposed to ruining it.*

Did you just let out an involuntary gasp when exercise was mentioned? Did the very thought of the word make you cringe. Well relax, because I promise the exercise that is being referred to in these pages, won't leave you moaning and groaning or short of breath.

In fact, you will discover that conditioning for golf is fun and will improve upon your golf abilities, by providing your essential muscle groups that you use when making your powerful golf swing with strength, and your body with stamina.

There are 4 components to a golf-specific conditioning program:

- **Strength Training for Golf**
- **Flexibility for Golf**
- **Cardiovascular Endurance for Golf**
- **Nutrition for Golf**

Each of the 4 components listed above must be followed in order to gain progress and improvement. It may appear to be overwhelming for you at first, but this guide will cover each component in basic detail, to give you a taste of what you can expect, if you choose to take your golf game to the next level.

Strength Training Specific To Golf Produces POWER

Naturally, there is more to a golf swing than just picking up a club and hacking away at the ball. There is a proper way to perform the swing, so you don't end up causing injury to your body, such as the ever popular low-back pain over 80% of golfers experience at one time in their golfing careers. However, it takes more than a mechanically correct golf swing to avoid injury, and achieve the explosive drives you know you can do; it takes the power of your muscles.

You will gain more power...quickly, by strengthening the key muscle groups you use when swinging your club. These include your:

Abs (stomach muscles or CORE)

Lower back

Lat Muscle (*latissimus dorsi* – upper back under each arm)

Quadriceps (thigh muscles)

Right / Left Deltoid (shoulder muscle)

Hamstrings (tendons in the back of your leg)

*If you have not taken the time to strengthen these areas of your body before playing golf, swing faults will be the outcome. Therefore, it is essential that you maintain these muscles. You can do this by strengthening them through swimming, moderate weight training, by practicing your golf swing, or **through my golf-specific conditioning program, which provides special video demonstrations and step-by-step instructions with brief explanations, which guarantees you strength and improvement upon your golf swing!***

You might be wondering why strengthening these muscles are so important to the outcome of your golf swing; the reason is because each of these areas helps you to maintain your posture throughout your swing, producing a repeatable swing with fewer miss-hits. From the time you begin your address to the moment you come in contact with the ball, your posture must withstand the torque of your golf swing in order to prevail

Let's examine this in further detail, so you can gain a better understanding of how these muscles work to produce power.

Address -When you are in the point of address, your knees and hips are bent, which requires the strength of your **quadriceps** and **hamstrings**. Your upper body is angled in a way that requires the support of your **abdominal** muscles. If your body is in shape, this posture will come with ease, but if you have any extra “fluffy cushioning” on your stomach, you will feel the urge to lean forward. This will not only pull you out of your posture, but it will also put a large amount of pressure on your lower back.

Backswing - When you begin your backswing and raise your club to the rear, your right or left leg (depending on the position you favor) should remain bent, which will place a higher amount of pressure on the coinciding **quadriceps**. However, if your quadriceps is weak, you will feel the urge to straighten your leg, leading to the breaking of your posture. Your **hamstrings** are used to keep your body angled during the backswing. As your **right or left deltoid** (depending on your position preference) is preparing for a powerful downswing, your **abdominals** should be tightened and storing coiled-up energy in order to work with the rest of your muscles in producing your max amount of balance and power.

Downswing – Following the backswing, the weight that has been placed on your right or left leg will release, and a lot of tension will be felt up the entire left, or right side, of your back **lat muscles**. Your lat muscles play a major role in producing power for your downswing; therefore the stronger they are, the longer your drive. As always, your **abdominals** and **hamstrings** need to support the torque of your swing, because if left to be controlled by the movement of your spine, your posture will be thrown off balance, while your body is in the process of completing the golf swing.

These are just some of the reasons why it is so important to keep your muscles strong and flexible, when playing golf. Their strength (and flexibility) will enable you to produce maximum clubhead speed into the ball, with less effort, which is an easy way to decrease your handicap. Just imagine, instead of making the traditional amateur big ol’ banana ball right (better known as the slice), or a hard pull left, **you will produce every golfer’s dream – “The long ball, that goes straight every time!”**

*With super success like this, you'll wear a proud smile on your face, while others stand around to gawk at your marvelous drive. **It will astound you how quickly you will see results when you choose to follow this type of conditioning program.** You could let your friends in on our little secret, or you could simply tell them that eating your Wheaties, as mom always instructed, really paid off!*

*Whatever you decide, know that **the improvement in your golf game depends entirely on your fitness ambitions, as well as the golf-specific training/conditioning program that works for you.***

TIP: Squats and lunges, done properly, are a great way to really get into your quadriceps and hamstrings, as well as your gluteals, hip flexors, and calf muscles to produce a stable base to your golf swing!

Flexibility For Optimal Golf Performance Prevents Injury

Regardless of how strong your muscles may be, without flexibility, these muscles will lack their full potential, because they will be tight and restricted. Flexibility without strength is not “permanent” flexibility. Why? The answer is simple – As you improve the range of motion in your joints and muscles, your muscles need to be strong enough to keep this newfound range.

*Therefore, flexibility and strengthening of the muscles go hand-in-hand, and must be used together in order for you to achieve your maximum amount of power. **You will find that after combining both strength and flexibility in my conditioning program, you will drive the ball farther and straighter than you ever have before – I guarantee it!***

*The combination of flexibility and strength are imperative when it comes to preventing injury, especially when it comes to your “trunk” area. I believe that the “**trunk**” area, which consists of your **abdominals and lower back**, is the MOST important area of the body for a golfer to improve on, as it is often where most of golfing injuries result.*

It may surprise you to know that approximately 80% of all amateur golfers play with a sensitive lower back. If you are one of them, you will not want to pass by the opportunity of proper conditioning methods revealed in my special program.

Other common areas of the body that are susceptible to injury include:

Shoulder

Wrist

Elbow

Hips

With proper flexibility and strength training, you will relieve the amount of stress you place on specific body areas during the intensity of the golf swing. You might not think that the golf swing is intense, after all golf isn't a physical sport, right? Wrong! If you looked at the golf swing in slow motion, you would be amazed at what the body

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