

NATE's

TOP 10 GOLF FITNESS MYTHS



NATHANE JACKSON
FITNESS

Strength Coach & Nutritionist

**Helping golfers
reduce pain and
hit bombs
by becoming
stronger, faster and
more mobile!**



Nathane L. Jackson
Strength & Conditioning Coach
Nutritionist



Titleist
PERFORMANCE
INSTITUTE
CERTIFIED



FRC
FUNCTIONAL RANGE CONDITIONING®

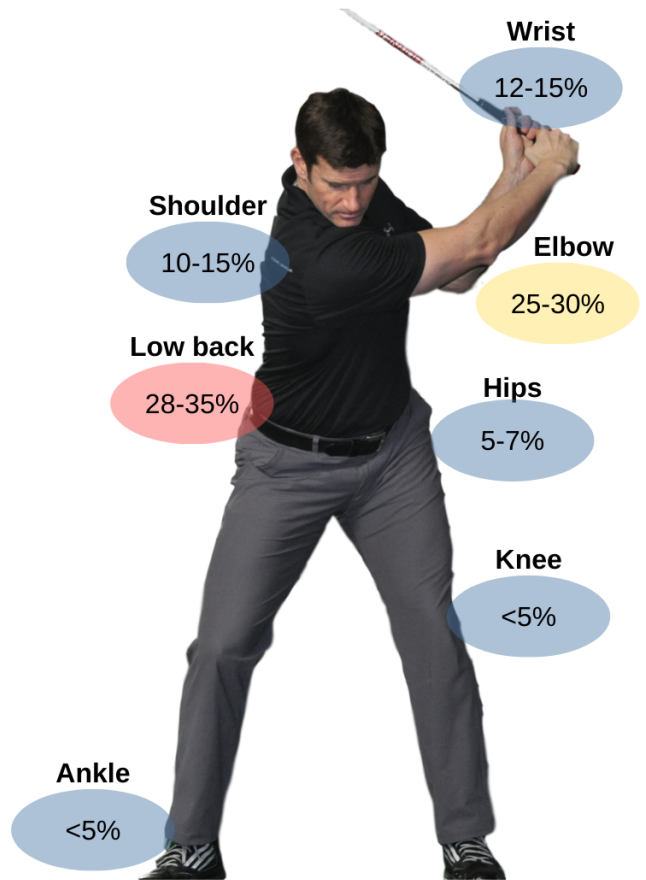


The Role of a **STRENGTH COACH**

NO.1

Reduce the risk of injury by improving an athlete's movement capabilities and mechanics

% of INJURIES for the amateur golfer

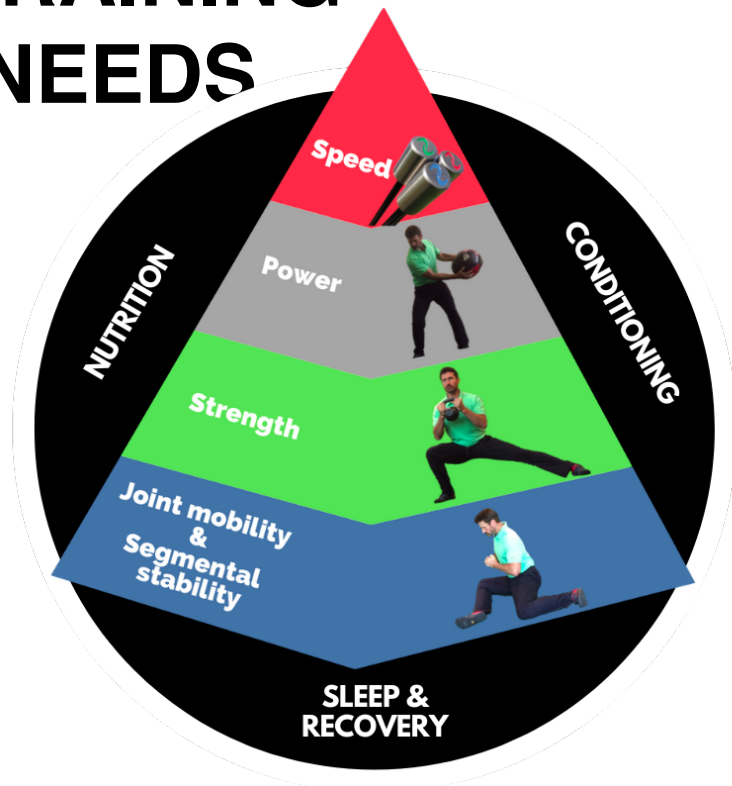


The Role of a **STRENGTH COACH**

NO. 2

Improve performance through safe and efficient strength & conditioning protocols.

STRENGTH TRAINING PYRAMID of NEEDS



Mobility & Stability

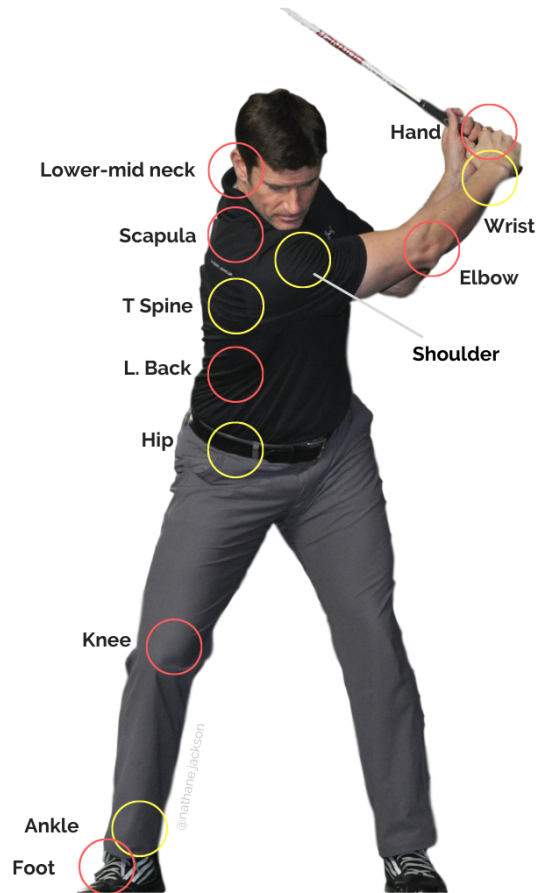


JOINT-by-JOINT

Golf Body

○ Stability

○ Mobility



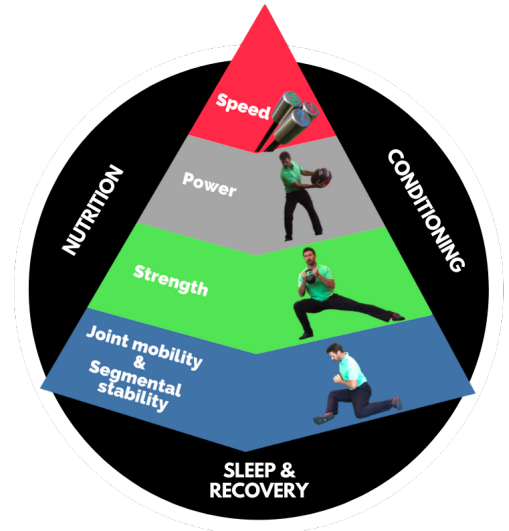
Strength

Reduces the risk of injury.

Is the gateway to power and speed and strength determines your ceiling.

Force = Mass x Acceleration

*Ground Reaction Force (GRF)
(ie- Bouncy Ball)*

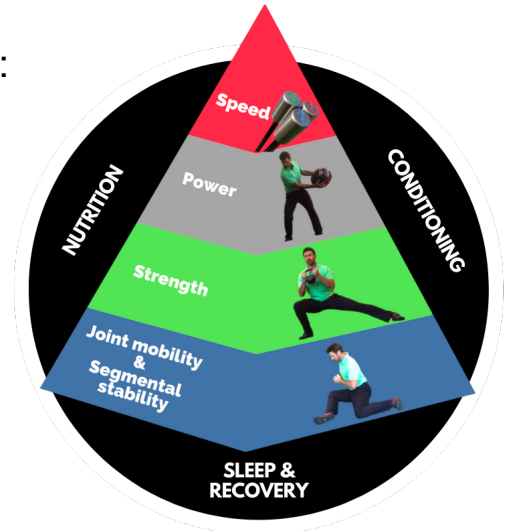


Power

Power = Force x Velocity

4 Sources of Power in the Golf Swing:

1. Vertical
2. Rotational
3. Chop
4. Wrist/Forearm (Lag)



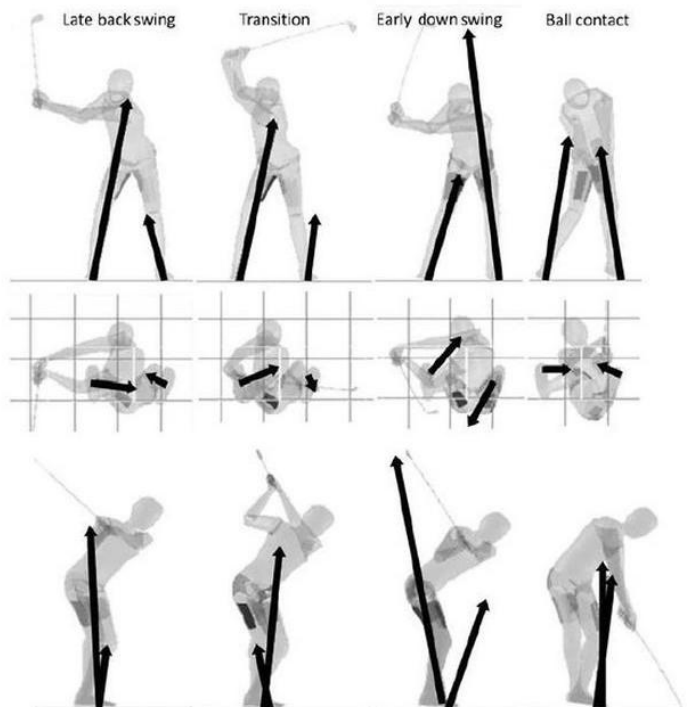
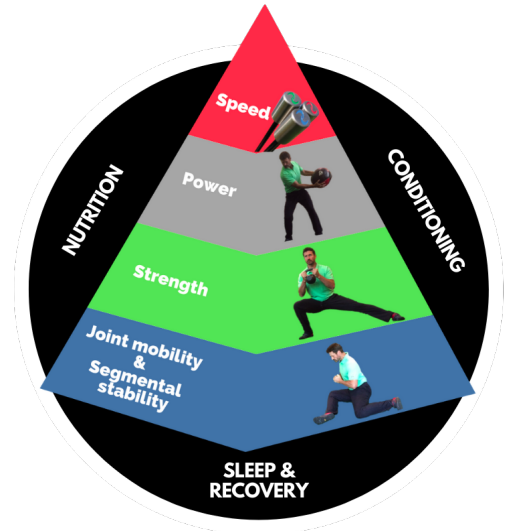


Figure 2. Magnitude and direction of the target and rear leg reaction forces applied to an exemplar player at the time of late backswing, transition, early downswing, and ball contact (Ball & Best, 2011). Resultant reaction forces are represented as a projection into each plane of movement [frontal, transverse (underneath view), and sagittal (toward target)].

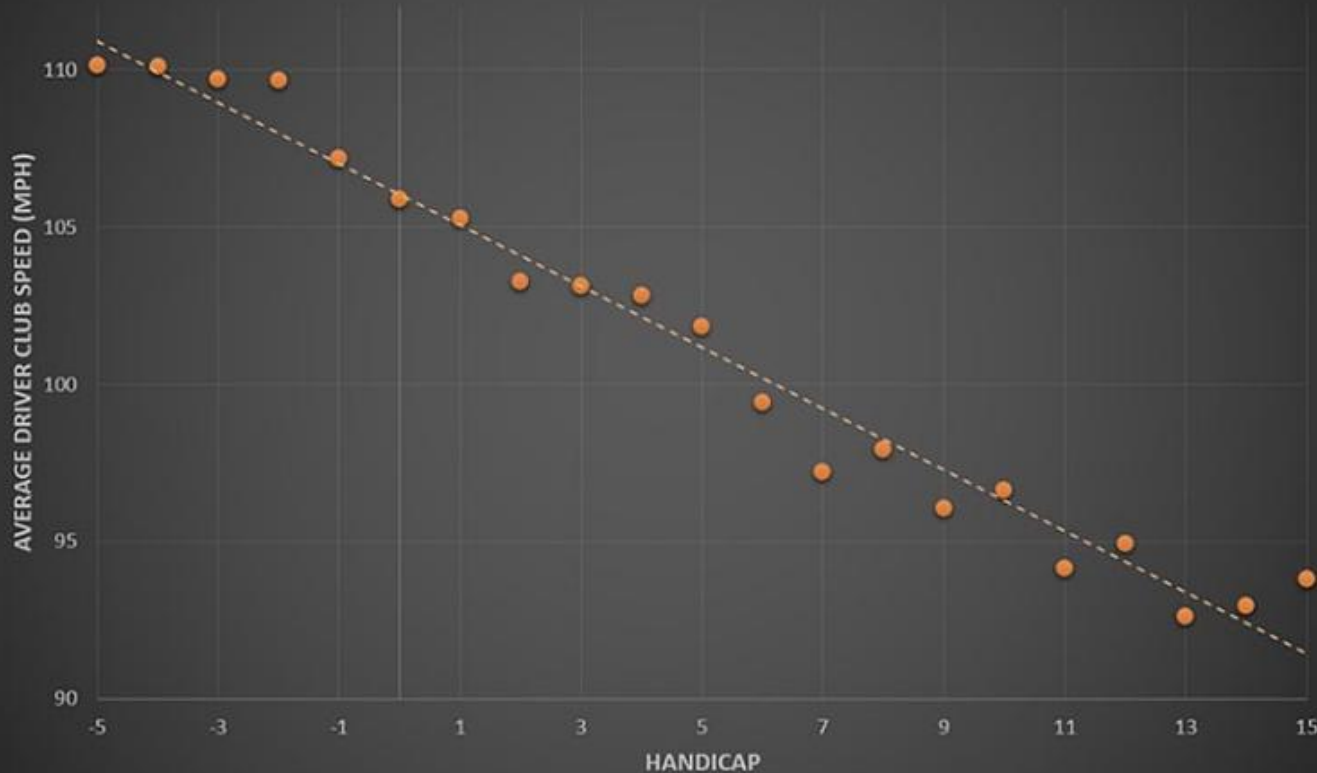
McGritt-Gray et al. 2013. Regulation of reaction forces during the golf swing. Sports Biomechanics.

Speed & Overspeed

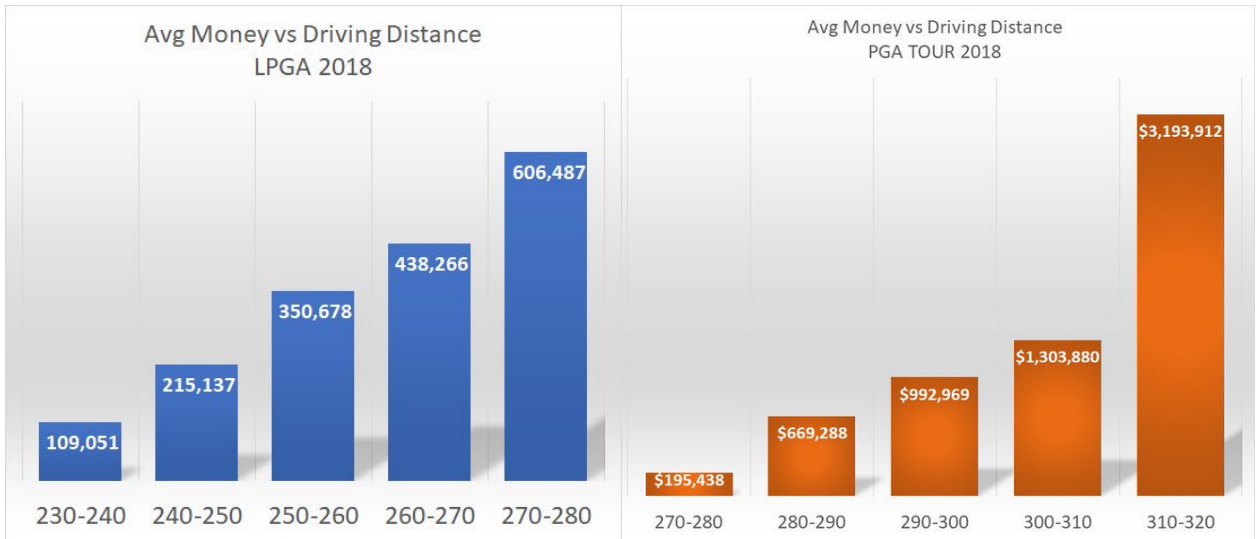
- **Can only accelerate as well as you can decelerate.**
- Fastest clubhead speeds come from the strongest and most powerful players.
- Typical increase of ~5% in offseason.
- Typical decrease of ~3-5% during the season if not working to maintain strength & speed.



Handicap VS Average Driver Club Speed



Courtesy of Golf Digest



Top 10 *PGA* Tour money earners have lower accuracy as a group than the tour average.

- Courtesy of AimPoint Golf



***Driver gains in CHS**

4mph = 10 yards = 0.6-0.7 SGPR

6mph = 15 yards = 0.9-1.05 SGPR

8mph = 20 yards = 1.2-1.4 SGPR

SGPR = Strokes gained per round

Mark Broadie 2014

The Role of a **STRENGTH COACH**

**HOWEVER, WITH REGARDS TO
INCREASING DISTANCE QUICKLY....**

- #1 Swing technique/skill
- #2 Proper equipment
- #3 The physical

It's a TEAM APPROACH!



MYTHS



EXERCISES SHOULD RESEMBLE THE GOLF SWING

Adding load to your golf swing can negatively affect sequencing and mechanics.

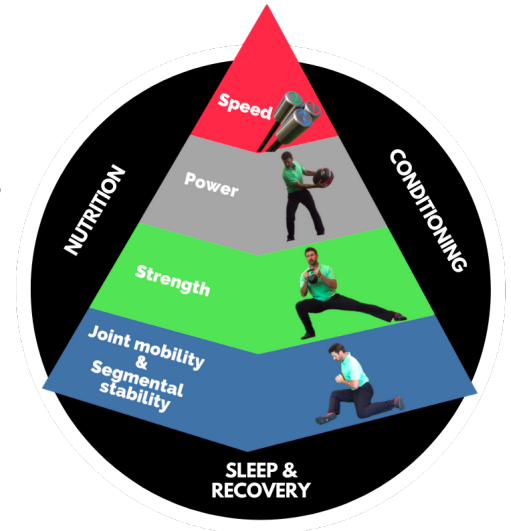
Exercises that improve human movement are key.



JUST NEED TO BE MORE FLEXIBLE

Flexibility = the length of a muscle

Mobility = the ability to control a joint's range of motion.
(muscle flexibility + joint strength)



STRENGTH TRAINING CAUSES INJURY

Strength training builds resilient tissue helping to reduce overuse injury.

Rarely a case of bad exercises, but rather bad application of exercises based on the individual.

Strength training carries a wide array of health promoting benefits.



Mental health
Muscle mass
Strength & power
Blood panel profile

Lower blood pressure
Cardiovascular health
Bone density
...and so much more!

STRENGTH TRAINING MAKES YOU STIFF

Research shows that strength training actually helps to increase flexibility and control (aka mobility) Morton et al 2011

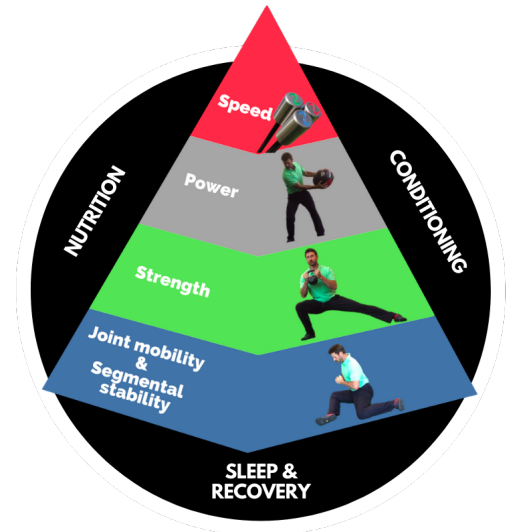


AVOID HEAVIER WEIGHTS

Weight is relative to the person.

It's more dangerous to be weak.

There is a time for lighter weights
(i.e.- muscle endurance and in
power & speed phases)



UNSTABLE SURFACES FOR ↑ BALANCE & STABILITY

Increases firing of stabilizers,
but does not transfer to
improved performance.

Decreases power output by
up to 30%

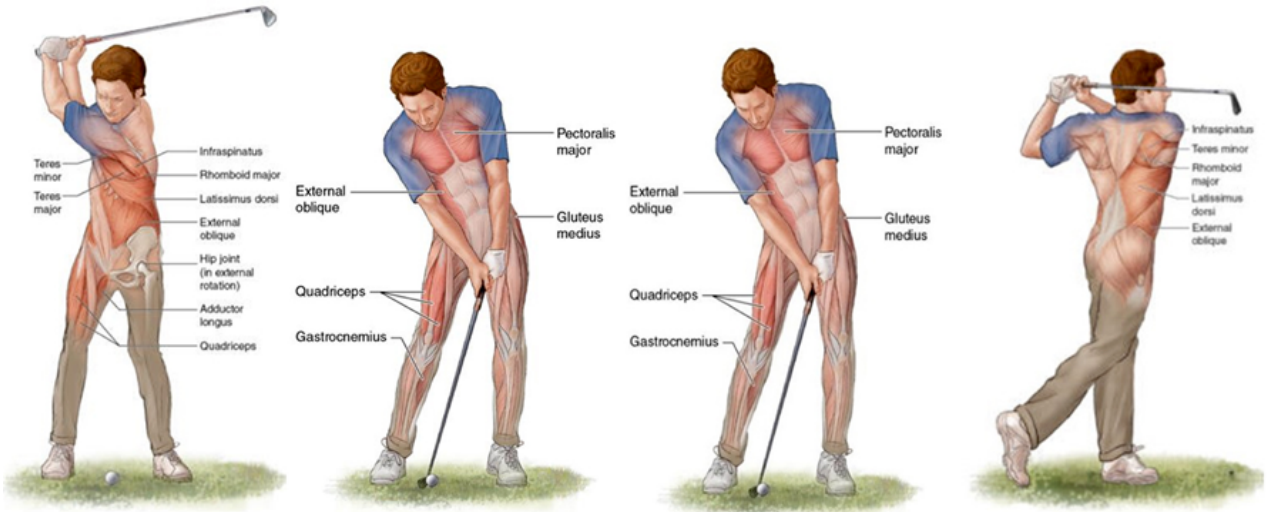
Is only useful in a rehab
setting to improve proprioception.

Unilateral exercises and
narrow width stances are better



JUST NEED “CORE” EXERCISES

Golf swing anatomy

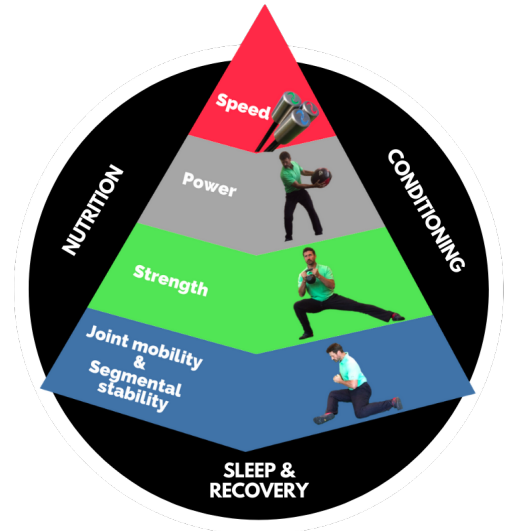


Davies, C. & DiSaia, V. (2010). Human Kinetics. Illinois

JUST NEED OVERSPEED TRAINING

Not for everyone right out of the box!

- ▶ High power output/CHS but low strength
- ▶ Low power output/CHS and low strength
- ✔ Adequate strength but low power output/CHS



NUTRITION DOESN'T HELP

GOLF NUTRITION 101

for the recreational player

DID YOU KNOW

- A 1-2% loss in water increases fatigue and decreases cognition
- Players expend ~1200-2000 Calories/round
- Players lose ~2-2.5lbs/round
- A 1% reduction in bodyweight = 3-5 extra heart beats per minute

PRE ROUND



- $BW/2 = \#oz/day \text{ of water}$
- ~150ml water every 15 min
- Snack on holes 3/6/9/12/15 or 4/8/12/16
- Balanced snacks (pro., carb., fat and fibre)

WHILE PLAYING



POST ROUND



- Whole food/minimally processed carbohydrates
- *Coffee/caffeine may have negative effects

Enjoy life!

Responsibly

I DON'T NEED TO WARM UP

Four elements of a poor warmup

1. From car to tee box
2. *Swinging two clubs, or a weighted club
3. *Static stretching
4. Alcohol

Four keys to a proper warmup

1. Elevate body temperature
2. Mobilize joints
3. Activate muscles via dynamic movements
4. Stimulate nervous system



REDUCE INJURY & HIT BOMBS

SERVICES



PRODUCTS



THANK YOU

Your body is your most important club!



@Nathane_Jackson



@NathaneJacksonFitness

Grab my free 7-minute
GOLF WARMUP video at
nathanejackson.com