

# Fix your slice before you swing

## Michael Jones



FROM a fitness aspect, the golfer's slice may be a direct result of the body being too strong on one side and too weak on the other. Most right-handed golfers show adequate strength on their dominant side but have trouble activating their less dominant left side.

The right-handed golfer is generally too strong on one side and as a result their set-up usually has the right shoulder taking over the address position. The left shoulder is then shoved to left side producing an open set-up. As a result, the club path works outside and across at the impact position.

To combat this, many say to "just move your left shoulder across". This is easier said than done. The physical problem is the left side of the right-handed golfer is less active and often has limited strength. Therefore it is often spun out of the way on the downswing or impact position.

To change the technique of your swing you have to change the physical fault. This doesn't mean complete postural analysis – but just pinpointing the weak area. Slicers have weak left side muscles, so we design single-side exercises to help balance the equation and improve the functionality of both sides of the golf anatomy.

With today's lifestyle of sitting for long periods, driving your car for hours to-and-from work, etc., there is little chance that

your posture will be perfect. To change what you have developed over your lifetime is a tall order, especially through generic stretches and exercises. So pinpointing specific strength limitations in your golf swing is the way to go.

Many of my first-time clients look at me very sceptically when we start exercises to re-train those left side muscles. But they are usually shocked when, after a few minutes of exercises, their set-up position has started to show signs of improvements.

All golfers, regardless of age, can complete exercises to improve their strength and golf muscles. It's just a matter of adjusting the intensity and type of exercise.

A good exercise at the range is to hit some balls, analyse ball flight and swing path, then activate your dormant muscles which are causing your set-up to be open at address. After 5 or 10 minutes of exercise, check your address position again, then hit some balls to reassess the flight and swing path.

This exercise-based solution to establishing improved address position will give you instant feedback pertaining to ball flight and path, and will also change the neurological signals from the brain to the weak muscles, and tell them to "wake up!"

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This exercise involves activating the left side muscle groups and works the balance on the right side. Keep hips square/level, chest up and right leg straight behind you (not across). Try to keep the left knee behind your toes. This exercise focuses on those less dominant slice happy muscles. Beginners: 1 to 2 sets and 6 to 10 repetitions with a light band tensile. Advanced: 3 to 4 sets and 8 to 12 repetitions with medium to heavy band tensile.



When pulling up the band, maintain good posture and do not straighten your body or lean back. Maintain good stability with both sides of the body but intentionally try to be more active with the left. Beginners: 1 to 2 sets and 6 to 10 repetitions with a light band tensile. Advanced: 3 to 4 sets and 8 to 12 repetitions with medium to heavy band tensile.



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