



## **Fitness is *HIP* with the Tour Players!**

By: Mindi Boysen, TPI CGFI

There was quite a fantastic finish at the PGA Championships this past weekend! In fact, it seems that is all anyone is talking about in the golf world. Just google “2010 PGA Championships” and you will find the words Kaymer, Watson, Johnson, driver distance, controversy, nerves, young guns, and Ryder Cup...most likely in the same article.

What kind of golf fitness coach would I be if I didn’t do the research and point out a few little known facts about these talented “young guns?”



**Gerry “Bubba” Watson:** We might have something to learn from one of the eldest of the top 5 finishers. Bubba does NOT have a swing coach, but he DOES have a personal trainer! Isn’t that backwards? Just a few years ago, Bubba said he would never workout out for golf, didn’t see the purpose and yoga was way out of the question. Now, at 31 years old, he works out on a regular basis with PGA trainer, Andrew Fisher. He has dropped almost 30lbs and feels better than ever. At 6’3” and just under 180lbs, Bubba has worked hard to control his blood sugar with a more sensible eating plan than in his early years. In the past, Bubba’s temperament has been hot and cold. Could it be that his focus on a healthy lifestyle helped him “keep in the moment” last weekend?



**Dustin Johnson:** If he wasn’t a professional golfer, he’d be a basketball player! This guy can jump (38 inch vertical and 10ft broad jumps)! He has unbelievable athletic potential. At the age of 26 and 190lbs of lean golf muscle, if he keeps this up, we will be seeing a lot of more of him. Dustin not only played for Coastal Carolina University, but he still works out there with Coach Allen Terrell. He even helped pay for the newly renovated training facility as a “thank you” for supporting him. His workouts include a lot of power-filled routines involving medicine balls banging on walls as well as a lot of balance and stability-based exercises. At a height of 6’4”, it is easy for him to rock back to his heels and lose posture, so practicing swinging on uneven surfaces (discs and foam rollers) is beneficial.



**Martin Kaymer:** The 6ft, 26 year old German confesses that living in Scottsdale and being able to practice his game year-round at Whisper Rock has definitely helped him jump to the World’s Top 10. His stellar performance was earned by raw talent, perseverance, and ability to calm his nerves. His control to stop his swing at the top when cameras clicked was amazing. He is not without injury. Kaymer still suffers with pain in his left foot from three broken toes in a go-cart accident last year. Hmmmm....walking 4 days straight AND posting on the left leg 200+ times per tournament? That is rehabilitation at its finest.



**Rory McIlroy:** You wouldn’t think that the youngest player leading in the PGA Championships would even be old enough to have any physical ailments or issues. But at 21 years of age, Rory has started on a “preventative” fitness path with his South African physiotherapist, Cornel Driessen (who also works with Ross McGow and Louis Oosthuizen). As a teenager, Rory had an assessment

which showed that his mobility and explosive strength were adequate, but he needed some more focused core and shoulder work. He stays true to a pre-round warm-up routine, too. Growing up on Irish meat and potatoes predisposed him to some extra weight. With his new fitness regime, he has recently lost approximately 15lbs and tries to stick to fish, lean meats, fruits and veggies.



**Zach Johnson:** Zach is a role model when it comes to aging and fitness. The 35 year old has been working progressively with personal trainer, Chris Noss (who also works with Stewart Cink, Camilo Villegas and Brian Gay). Zach's approach to golf fitness includes compound (total body) movements where his feet are on the ground. Combining weighted rotational exercises in various planes with cardio helps him maintain his stamina throughout his rounds. Many golfers and trainers follow this same methodology utilizing functional, dynamic movements vs. isolating certain muscles "just for show".

**So, what's my point?** The golf swing does not care what size your biceps are. The golf swing is a very asymmetrical, unnatural, high intense move for the body. For PGA players and amateurs alike, fitness and wellness programs should be administered with injury prevention and longevity of the game in mind. Once fundamental movements are learned and corrective exercises are implemented, then advanced sport-specific movements can be introduced. Always see a certified golf fitness instructor before trying any exercises you see on TV or in photos.



Yep...that's me. In fescue grass on #2 of Whistling Straits on July 31st! Remember, do as I say...not always as I do!



Greenside bunker of #11 Par 5... Whistling Straits. A least I missed the long bunker on the right. Double-bogey and proud of it!

*Mindi Boysen is the owner of "Fit For Golf! Fit For Life!", a Phoenix based company which expands globally. She is the Arizona Women's Golf Association Official Fitness Partner with over 18 years of experience in the golf and fitness industry.*

*From players on the PGA Tour to recreational golfers, she teaches fitness techniques designed to improve both a player's golf game and overall health. Her format includes the Titleist Performance Institute (TPI) screening techniques, strengthening and flexibility exercises, balance and stability movement reinforcement, and mental/nutrition focus. Utilizing her B.S. degree in Early Childhood Education and Level III Junior Player Development certification through TPI, Mindi helps junior golfers establish a fundamental base and athletic foundation to aid in their golfing years to come.*

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