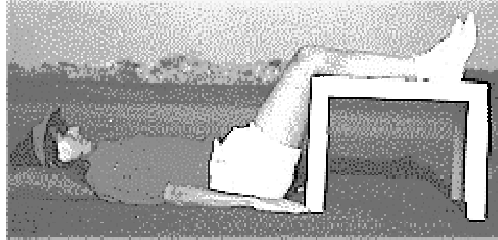


Fitness Tips for Golfers (and anybody!)

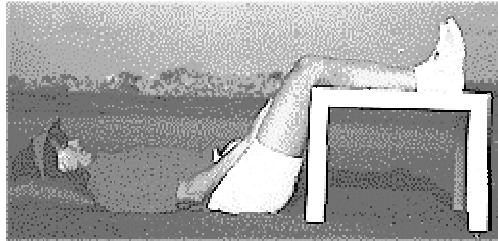
Protect Your Spine

Golfers survive on whatever helps their spines. The best medical studies performed in this area of the body tell us that the pressures accumulated overtime on the spinal disks produce a loss of water that diminishes their capacity to dampen shocks. *For More Information, Contact Silvia Lastra at golfitness@yahoo.es*

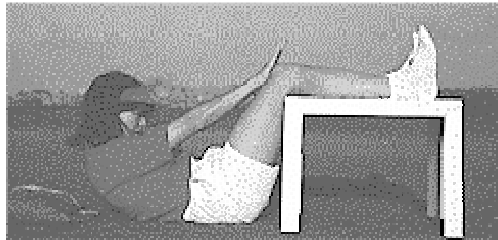
(Photo #1) This "staircase" position accelerates the recovery process of your vertebrae. Fifteen minutes in this position equals 75 minutes lying down in bed. Try it every day.



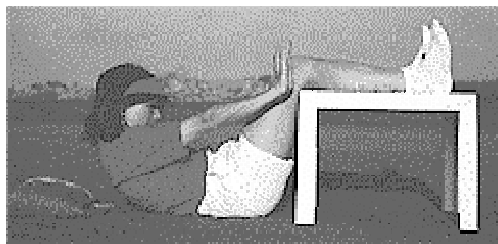
(Photo #2) Press the lumbar zone against the floor and simultaneously contract the abdominal muscles. Maintain this position exhaling during 10-15 seconds. Pause. Repeat between 10-25 times (beginners and advanced alike).



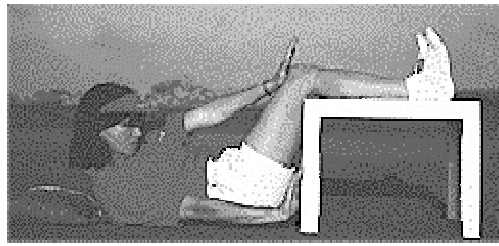
(Photo #3) Same as above, but now climb up with your palms from your thighs towards your knees, and maintain this position exhaling during 10-15 seconds. Pause. Repeat between 10-25 times.



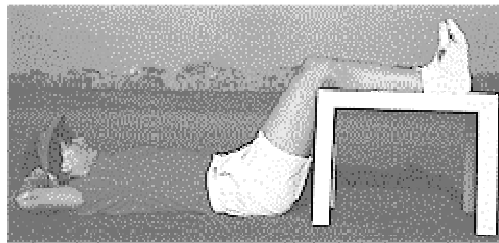
(Photo #4) Extend your arms and fingers pointing upwards. Raise your chest and your shoulders up and forward. Climb with your hands towards your knees. Repeat 20-35 times while exhaling.



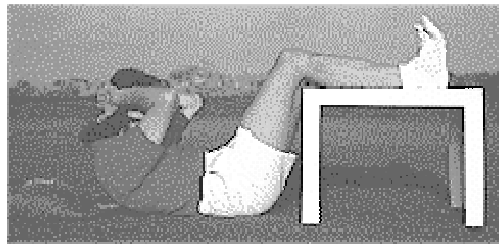
(Photo #5) Oblique abdominals. The left hand pushes the right knee. Hold 8-12 seconds. Relax and change hands -- right hand to left knee. Repeat between 20-40 times (10-20 each side), then you can try to do it dynamically (alternate from side to side).



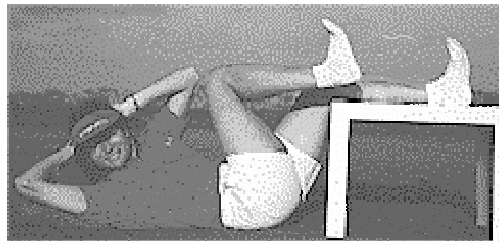
(Photo #6) Crunch - Basic position. Push your calves and buttocks against the floor. Maintain this position for 8-12 seconds each time, repeating between 20-40 times.



(Photo #7) Crunch - It's very important that you try to lift your elbows upwards and not forward. Move slowly, contracting your calves. Your lumbar area remains against the floor.



(Photo #8) Inhale while you start, then rotate and touch your elbow with the opposing knee. The rhythm must be slow. Change elbows constantly (right/left) between 20-40 repetitions. Professional golfers perform between 50-100 repetitions.



(Photo #9) Extend your arms up to your thighs, and then cover your knees with your palms creating a sort of "roof" over them -- without touching them. Do (20-35 reps.) and afterwards alternating from right to left (40 reps.)

