

# GolfFit

## **GolfFit at GHF Personal Training**

By Jennette Holzworth

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A winning golf game isn't something that happens by chance, and even for the most leisurely of players a golf game is something to be honed and improved.

GHF GolfFit Personal Trainer Nick Boigenzahn says that many people think golf is a low-intensity sport that lacks total body flexibility and recruitment, but the reality is quite the opposite.

He says an untrained, unprepared golfer is a ticking time bomb with injuries waiting to erupt.

"The action of a golf swing recruits a majority of the muscles in the body, and this must all be done in quick succession with precise control and coordination," Boigenzahn says. "It's not as physically intense as football, but an untrained swing can be just as damaging to a body as being tackled by a middle linebacker."

He says while GolfFit personal trainers leave specific golf swing mechanics to the golf pros, GolfFit trainers train the golfer's body to assist their swing performance, thereby increasing club head speed and driving distance while reducing injuries.

GHF GolfFit Personal Trainer Brandon Rosin says lower body stability and upper body mobility are two of the many elements needed to perform a proper golf swing, along with great preconception awareness, which is the ability to correct mistakes faster.

Trainers train these areas through a variety of mechanisms in a three-phase approach that is tailored to the individual golfer.

This approach removes limiters from the golfer's game in a safe, efficient way.

The first phase focuses on preventing and rehabilitating injuries, and it aims to increase flexibility and movement through areas of the body most crucial to performance on the green while strengthening weak or injured areas.

The second phase involves stabilization and mobilization of the body, which strengthens and balances existing muscle tensions to eliminate movement compensations and improve the body's biomechanics.

These training phases lay the foundation for the explosive movements targeted in power output training, the third phase of the golfer's progression. This is where clients will see the biggest improvements in driving range and club speed, in addition to other benefits.

"The biggest thing noticed is fewer injuries occurred while playing, with driving distance being the next most common improvement," says GHF GolfFit Personal Trainer Scott Larkin. "This has a huge impact on not only skill level of the player, but the quality of time spent on the green because you're not sore and achy all the time."

GHF GolfFit Personal Trainer Shelly Barbic says her clients have seen their club speed increase by as much as ten percent through the GolfFit program, and her clients have seen increases in driver distance as well as flexibility through the hips, shoulders, wrists and back. This is in addition to decreases in back pain and shoulder tension.

She says clients have seen results in as little as two weeks.

"Every individual has different flexibility and strength compensations, injuries or body styles," Barbic says. "Clients benefit by strengthening and increasing muscle balance, which in turn improves the rate at which their bodies can distribute power, speed and coordination through their golf club."

GHF GolfFit clients include golf pros like PGA golfer and former Florida Gator Will Strickler and Jessie Mudd, a professional golfer on the NGA Hooters Tour and a former team member of the University of Florida Men's golf team.

Mudd says he started seeing results after just a couple of GolfFit sessions with GHF GolfFit trainer Brandon Rosin.

The two worked on rotational movements, core strength and flexibility.

"I definitely see some improvement in my mobility in my lower back," Mudd says. "I have a lot more quickness through the golf ball and speed. I'm seeing some good, positive things through it."

Mudd says the greatest benefit he noticed was the personalization of the training program. Brandon wasn't training a golfer, but an individual. Mudd says that's what sets GolfFit apart, and were the greatest value lies.

"Training for golf is different. Everyone has certain weaknesses in their body that maybe someone else might not have. It's personalized," Mudd says. "As an athlete at Florida I had pretty good training with a very knowledgeable guy who did a lot of studying up on different exercises. Brandon has me doing more weight and more intensity, and he is making sure he's incorporating flexibility, which is good for me."

GolfFit trainers run specific assessments and tests in order to tailor the program to the individual. They look at things like hip mobility and spinal rotation, and they assess how muscular imbalances are limiting the golfer's game.

Trainers take the information learned in the assessment and develop a custom program that will target specific areas that need improvement while building on a golfer's strengths, no matter what the skill or experience level of the golfer.

Larkin says many golfers have poor flexibility, particularly in the thoracic region, and it's important they address these issues to fix and prevent injuries that can cause extended time away from the golf course, in addition to pain and discomfort.

Ignored injuries or imbalances often lead to surgery and long-term problems.

Safe progression through these areas is a key to maximizing results and reducing risks, and GHF GolfFit trainers have technique and skill to assess and progress clients safely and effectively.

"A trainer gives you literally an extra set of trained eyes, which is great for form and technique corrections that help keep the focus on maximizing positive impacts," Boigenzahn says. "Being guided by a trainer through these steps helps to ensure these things and truly focus on positive results."

Rosin says clients who complete the 12-week program can expect to see impactful results, but golfers should continue to train on their own continuing the skills their trainer has taught them, or keep working with a trainer where they can keep building on their newly discovered abilities.

"After 12 weeks, clients can expect to be much more flexible, have greater body awareness and control and be able to produce more power," he says. "But training is an on-going, never-ending process where you keep improving on the new skill you develop."

If you're looking to enhance your golf game, let a GHF GolfFit Personal Trainer show you how they can help.

"The GolfFit Personal Trainers at GHF are passionate about helping golfers to maximize their game in a safe, injury free environment," Barbic says. "They are dedicated to getting clients the results they want."



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