

# Build a Better Game with Isometrics

BY TOM FITZPATRICK

Pro golfers now use all kinds of technology to measure and analyze golf swings. From swing simulators to Trackman radar, how we see and learn golf has certainly advanced instruction for the better. But the old adage 'keep it simple' is ultimately what the best players strive towards. Golf specific isometrics can be an easy and effective way to gain perspective on hitting the golf ball solidly. Isometrics are used to build strength and develop 'muscle memory'.

An isometric exercise involves the static contraction of a muscle with no real movement in the angle of the joint. One part of your body pulls, while another part resists. It's the holding of this position for a few seconds that engages key muscle groups. That can translate into a 'feel' in golf that becomes more easily identifiable when making a golf swing.

I've chosen a few drills for you that are fun and can be done at home or on the course. Give them a try and see how it helps you improve your game.



**Start the swing:** Place the club head in front of a bag stand on the driving range. Then make a backswing. The club can't move but, by attempting to swing, key muscle groups are engaged that are critical for a well-timed golf swing. You can use any object that is heavy enough that won't move. At home, use the bottom of a door jam.



**Thru Impact:** Now try the isometric feel through the impact zone. Press the club head forward into the bag stand as pictured. See if you can make the club shaft flex, start to v, by really pushing the grip forward. It's a great isometric drill to feel your muscle groups all synced up at impact.

**Start the Downswing:** Here's a classic isometric drill that golf instructor David Leadbetter showed me years ago. Get into a top of backswing poise. Have a colleague then put their palm under the grip end of the club. Try to force the grip down against the resistance of your friend's palm. Make three successive attempts. The resistance level can be just enough where the club is able to be pulled down a foot or two. It's a fantastic way to start the downswing by forcing you to pull the club downward, instead of the over the top slicing path.



**Elasticize your swing:** Wrap an elastic band around a door handle at home or around the golf cart as I'm demonstrating. Stretch the band to start the backswing, then reverse it for the impact position. See if you can work your abdominals, not just your arms, through impact. Hold a few seconds and release. It's a great way to build club head speed.

The I's have it – by isometrically pulling and resisting simultaneously, you'll get the feel for a good golf swing. Keep it simple, and you'll keep it in the fairway!

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