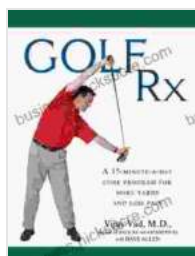


# 15 Minute Daily Core Program for More Yards and Less Pain

Enhance your golf game and reduce discomfort on the course with a simple yet effective 15-minute daily core program. By targeting your abdominal and back muscles, this program will strengthen your core, improve your swing technique, and ultimately lead to increased distance and reduced pain.



## Golf Rx: A 15-Minute-a-Day Core Program for More Yards and Less Pain by Vijay Vad

★★★★☆ 4.3 out of 5

Language : English  
File size : 3205 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 228 pages



## The Importance of Core Strength for Golfers

A strong core is essential for golfers of all levels. It provides stability and power for your swing, allowing you to generate more clubhead speed and hit the ball farther. Additionally, a strong core helps to prevent back pain and injuries that can sideline you from the game.

When you swing a golf club, your core muscles work together to rotate your torso and stabilize your spine. This coordinated effort creates a powerful

and efficient swing that can send the ball soaring down the fairway.

## 15 Minute Daily Core Program

Follow this simple 15-minute core program daily to strengthen your core and improve your golf game:

1. **Plank:** Hold a plank position for 30 seconds. Repeat for 3 sets.
2. **Side Plank:** Hold a side plank position for 30 seconds on each side. Repeat for 3 sets.
3. **Russian Twists:** Sit on the ground with your knees bent and feet flat on the floor. Hold a weight or medicine ball in your hands and twist your torso from side to side. Repeat for 20 reps.
4. **Crunches:** Lie on your back with your knees bent and feet flat on the floor. Place your hands behind your head and crunch your torso up towards your knees. Repeat for 20 reps.
5. **Leg Raises:** Lie on your back with your hands by your sides. Lift your legs straight up towards the ceiling. Lower your legs without touching the ground. Repeat for 20 reps.

## Benefits of the Core Program

Regularly performing this core program will provide numerous benefits for your golf game, including:

- **Increased Distance:** A strong core helps you generate more clubhead speed, which leads to increased distance.
- **Improved Swing Technique:** A strong core provides stability and control during your swing, helping you make more consistent contact

with the ball.

- **Reduced Pain:** A strong core helps to stabilize your spine and prevent back pain and injuries.
- **Improved Balance and Stability:** A strong core improves your balance and stability, which is essential for making a solid golf swing.
- **Reduced Risk of Injuries:** A strong core helps to protect your back and spine from injuries.

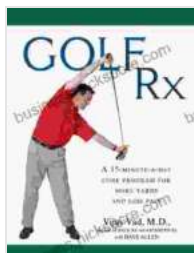
## Tips for Success

To maximize the benefits of this core program, follow these tips:

- **Consistency:** Aim to perform this program daily for 15 minutes.
- **Progressive Overload:** Gradually increase the difficulty of the exercises over time by adding weight or reps.
- **Proper Form:** Focus on maintaining proper form throughout each exercise to avoid injuries.
- **Listen to Your Body:** If you experience any pain, stop exercising and consult a healthcare professional.

By incorporating this 15-minute daily core program into your routine, you can significantly enhance your golf game and reduce the risk of pain and injuries. With a stronger core, you'll be able to swing the club with more power and accuracy, resulting in increased distance and lower scores. Most importantly, you'll be able to enjoy the game of golf without the discomfort that can often accompany it.

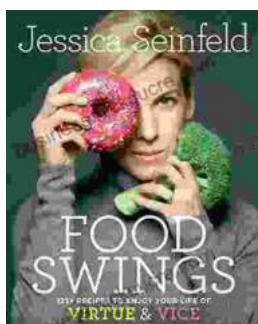
So what are you waiting for? Start your 15-minute daily core program today and take your golf game to the next level!



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