

# GR8 Athletes

## **BENEFITS of Kettlebell Training for Golfers**

### **Kettlebells develop “rooting” and a powerful stance:**

All power is generated from the ground. Without a strong connection, balance, and leveraging of the ground, max power is impossible. Don't believe me...try standing on a balance disc and see how far you can hit the ball. Guaranteed you will hit the ball farther with your feet rooted flat to the ground. Remember a tree's branches are only as strong as its roots!

### **Kettlebell training enhances one's “relaxed-tension.”**

There are two sides of the performance coin:

- Relaxation
- Tension

The blending of the two creates smooth, coordinated movement. Kettlebell training requires a great deal of “relaxed-tension.” For example, the legs and hips must stay tight while the arms remain relaxed. The golf swing is the ultimate athletic move that requires this coordination of relaxation and tension. Tension gives the swing its strength and relaxation gives it speed. The more one blends these two the more lethal the swing. Kettlebells deliver this.

### **Kettlebell training helps golfers move from the hips first!**

All good athletes move from the hips first. This is the key to athletic performance regardless of the sport. This is crucial for the golf swing as well. A distinct difference between pro's and the average golfer's swing is that the pro's initiate the downswing by clearing the hips first and fast. Most amateurs start the swing with the arms and upper body, a big mistake. This leads to lost power and swing faults. Kettlebell training is based on the principle of hips first. This leads to safe and powerful movements.

### **Kettlebell training develops body linkage.**

The human body is a chain link system. To have the ultimate expression of power one must be able to see strength through each chain link without any “leakage” of power. Kettlebell training demands body linkage for correct execution of all drills. This is one of the main reasons why the kettlebell separates itself from bodybuilding style “isolation” workouts. Exhausting one muscle group does not teach body linkage, kettlebell training does.

**You make the choice!**