

This is my grandson, Kyle, doing his speed exercises. He says these have helped a lot. I agree.



Extend cord using biceps only, brace with legs.



Pull cord with bent arms, lean forward, brace with legs.



Pinch shoulder blades together, step back to tense.

The following three exercises are essential for club head speed because they work the rotator muscles of the hips and spine. No repetitions – just pull the cord into position and hold with about 75% force for 12 seconds. Do these both left and right handed with lead hand dominate.



If you are getting plenty of leg exercise along with your aerobics you could skip these three leg strengthening exercise.

