



▶ While balancing, take your golf-address position, holding the medicine ball in front of you. Now make a full backswing.

▲ Without falling, swing your arms back down to mimic impact.

◀ Continuing the motion, release the ball, allowing your right arm to roll over your left. Try firing the ball into a wall.

## The Need for Speed

Gain 10 yards off the tee this winter without hitting a ball!

By **Randy Myers**  
Golf Digest Professional Advisor

If you want to increase your distance off the tee, not only do you need to get stronger to swing faster, you also need to improve your balance. This swing-mimicking exercise is a great way to achieve both. Try it three times a week, doing two sets of eight repetitions swinging right-handed *and* left-handed. Start slowly, focusing on staying balanced. As you get the hang of it, increase the speed you perform this exercise. You'll need a Bosu (\$99, [bosu.com](http://bosu.com)) or another balance-training product, such as a foam roller cut in half (\$13, [exertools.com](http://exertools.com)). You'll also need a soft-cover medicine ball between two and 10 pounds, depending on your strength (\$25 to \$34, [shapeupshop.com](http://shapeupshop.com)).



**Training Camp** by **Ralph Simpson**, Golf Digest Professional Advisor

### Where's the john?

Studies show dehydration can cause mood swings and concentration loss on the golf course. Before playing a round of golf, experts recommend that you drink two 10-ounce glasses of water before bed and two more when you wake up. Then drink two more two hours before and two more 15 minutes before your tee time. Sports drinks are fine while you play, but don't overindulge, because they contain sugar.

### Walk tall

If you're the guy who buys the 200-bell bucket at the range but never stretches, then the least you should do is park as far from the range as possible and use the stall farthest from the golf shop. A long walk will help the lower back recover from the stress of sitting in a car before you do all that swinging.

