

# Golf Fitness “Tips from the Tips”



By Matt Arentz, TPI Golf Fitness Professional, Certified Personal Trainer

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This newsletter is designed to help golfers improve their on course performance while playing more pain free golf.

To help you get as much value as possible from this monthly newsletter, please let me know if there are any areas of your fitness or golf game you are looking to improve. Email me at [arentz.rx@gmail.com](mailto:arentz.rx@gmail.com) or visit my website at [www.arentzrxgolf.com](http://www.arentzrxgolf.com).

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# Fitness Focus : Is A Lack of Hip Mobility Killing Your Handicap?

by Matt Arentz

Your golf swing occurs primarily (but not solely) in the transverse, or rotational plane of motion. To get more yards out of your swing and to feel better after a round, your hips need to be able to rotate appropriately and independently of your torso.

As a golf fitness professional, there are two primary movement screens I like to use when looking at hip rotation. Try them out for yourself by following the links below.

1. [Pelvic Rotation Test](#)
2. [Seated Internal Hip Rotation Test](#)

If you find you are limited in one or both of these assessments, the issue may or may not stem from the hips themselves. A full movement screen looks at 14 other movements that help pinpoint exactly what is keeping your hips from rotating appropriately. Email me at [arentz.rx@gmail.com](mailto:arentz.rx@gmail.com) to set up a full golf movement screen, then try the following hip rotation exercises in the meantime.

1. [Foam Roll Hip + Seated Hip Int. Rot. x10 each](#)
2. [Incline Hip Rotation x10 each](#)
3. [Wall Assisted Hip Rotation x10 each](#)

Want to further test your movement? [Tap here for a free golf fitness assessment!](#)

[For more concise golf fitness articles, click here to view my blog.](#)



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## Golf Fitness Exercise of the Month: Side Lying TSpine Rot.

### What makes this golf specific?

Side Lying TSpine Rotations improve both your ability to rotate your shoulders and thoracic spine, as well as separate your upper body from your lower body.

Proper rotation allows you to make a full takeaway, safely and efficiently use torque to express club speed, and finish through your swing.

If you experience low back pain during or after a round, your lower spine may be compensating for a lack of upper body rotation. Whether you're playing with pain or are simply looking for a little extra speed, this is a great exercise to add to your daily routine. Try 1-2 sets of x10 reps per side.



Click [HERE](#) for a video demonstration of this exercise.



Ready for a workout program customized to YOU? Email me at [arentz.rx@gmail.com](mailto:arentz.rx@gmail.com)

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## Client Spotlight - Max M.



I've had the pleasure of working with Max for the past year and a half. We began training together in person before transferring to online coaching in the summer of 2021.

Five years ago, a back surgery kickstarted Max's focus on fitness, and he has since made significant improvements in the gym, contributing to his current 3 index. From my perspective, one of the most impressive things about Max is his ability to self regulate during his workouts while pushing himself to continued strength, power, and mobility gains.

Way to go, Max!

*Pictured: Max (left) with father, Dean*

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**Matt Arentz is a certified personal trainer and Titleist Performance Institute golf fitness professional. He is passionate about helping golfers of all ages and abilities add length, speed, and longevity to their golf game.**

Email Matt at [arentz.rx@gmail.com](mailto:arentz.rx@gmail.com) at any time to set up a complimentary strategy call and pinpoint what YOU need to get more out of your golf game.

Learn more at [www.arentzrxgolf.com](http://www.arentzrxgolf.com)

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