

# Golf Fitness “Tips from the Tips”



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

November 2022

---



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).

---

# Fitness Focus : Will Speed Training Ruin My Swing?

by Matt Arentz

If you're like most golfers, you're looking for more distance on the course. One key to gaining distance is to increase your club head speed. Many golfers are quick to buy the newest driver or whippy gadget, but now thankfully more and more golfers are turning their efforts to the gym. With consistent training there is often an eventual need for speed training, but won't that lead to poor technique and less accuracy?

When done correctly, speed training will not only add distance to your game but could help you drive the ball straighter too. During speed training, we focus on swinging with max effort. Max



effort swings don't feel like your smooth, controlled, on-course swing and nor should they. Max swings don't train your swing directly but they will train your neuromuscular system to raise your *max speed potential*, all while helping you coordinate a better swing sequence. If you have trouble loading and clearing your hips during your swing, speed training can teach you to use the ground more effectively as you learn to use your hips properly.

With better loading and proper sequencing, our max swing speed potential skyrockets. Higher max speed means your controlled, on-course swing speed will increase as well.

Here's an example from my client, Dave.

Dave is a 62 year old golfer (8hcp) with a "usable" swing speed of 91mph. His max effort speed was 97mph. Dave and I train strength and power 2x/week and he bikes and walks 18 holes once per week. He recently completed an 8 week training block that included three days/week of max effort swings (10-15 swings per session). After speed training, Dave's max effort speed increased to 104mph, which brought his "usable" swing speed up to 96mph (good for about +15 yards!). He also noted a noticeable difference in his ability to clear his hips in the downswing, which is a testament to him learning to sequence better, as well as sticking to his strength and mobility training.

Click the link [HERE](#) for more information on speed training or to put your name on the waiting list for my next speed training program (available in Napa and online).

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



---

## Golf Fitness Exercise of the Month: Landmine Chest Press

### What makes this golf specific?

When it comes to speed and performance on the golf course, adequate strength plays a critical role in your ability to produce force and generate power. Strength training for golfers should focus on 5 key movements...push, pull, squat, hinge, and rotate.

The Landmine Chest Press is one of my go-to, shoulder friendly upper body push exercises for myself and my golf athletes. Improving your upper body pushing strength is critical, as your trail arm utilizes a pushing motion to help drive the club through impact.

To set this one up, you can simply shove a barbell into any corner of the gym. Load it up, brace your core like you're about to take a gut punch, and push the heaviest weight you can for 3 sets of 5-8 reps.

*Pro Tip: Wrap a towel around the end of the barbell so it doesn't damage the wall!*

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)

---

## Client Spotlight -Cory S.



Cory and I have been training together for over a year and he continues to impress both in the gym and on the golf course.

A former D-1 golfer, Cory holds a -1 hcp and still pounds the ball down the fairway. He regularly competes in club and NCGA tournaments and will be playing in the Senior State Am next month.

In his most recent golf performance assessment, he showed significant improvements in strength metrics and power output, as he continues to push hard in the gym. Way to go, Cory!

---



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)

Located in-person in Napa, CA and everywhere you are online.

The logo for Arentz Golf, featuring the name "ARENTZ" in a serif font above the word "Golf" in a smaller serif font, flanked by two vertical bars on each side.

---

## Newsletter Archive

[July 2022](#)

[August 2022](#)

[September 2022](#)

[October 2022](#)

[November 2022](#)

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)

Located in-person in Napa, CA and everywhere you are online.

