

# 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 : Am I too old for the gym?

by Matt Arentz



Research shows that after the age of thirty, men and women who are not regularly strength training lose 3-5% of their muscle mass every decade. For example, a 70 year old deconditioned male who stopped exercising after college could have up to 25% less muscle mass than they did in their twenties. For strength and power that translates to the golf course, it's truly a case of "use it or lose it!"

If you're looking to start or get yourself back into the gym, you're in luck. You don't need to complete a grueling workout 7 days a week. In fact, two or three 45-60min workouts per week is all you need to start feeling and seeing results that translate to the golf course and beyond.

Golf specific fitness has been steadily gaining traction in recent years, and for good reason. Golf specific training programs focus on four main components: mobility, strength, power, and club speed. As we get older, the need to train these four components becomes increasingly important. The longer you've gone without meaningful exercise, the more difficult it can be to get started...

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That's where golf fitness professionals like myself come in. I start every new athlete (yes, you) with a Golf Performance Assessment. Together, we'll test your mobility, strength, power, and club speed. With that data, I'm able to customize a training program specifically for you. We'll work together to streamline your workouts and ensure you get the most out of your time in the gym. You and I are both too busy to waste time on exercises that aren't going to get you playing better, longer, more pain free golf.

I welcome you to join the growing number of golfers who are adding both distance and years to their game. It's NEVER too late to get started!

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

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## Golf Fitness Exercise of the Week: Club Assisted Hip Hinge

### What makes this golf specific?

This exercise reinforces the hip hinge. When done correctly (hips push back, keeping the club against your head and tailbone), the hip hinge increases hip and hamstring mobility, key factors for low back health and maintaining golf posture throughout your swing. Add 10-15 repetitions to your pre-swing warm up next time you're on the course!

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)

In the bottom right corner, there are several overlapping geometric shapes in shades of pink and magenta, creating a modern, abstract design.



## Client Spotlight - Jim H.

Jim is almost two months into his golf specific training program. We're able to work around pre-existing injuries he's sustained, and he's already 10-15 yards longer through the bag. Most notably, Jim's hard work has already resulted in significantly more hip rotation during his swing. Way to go, Jim!



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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