

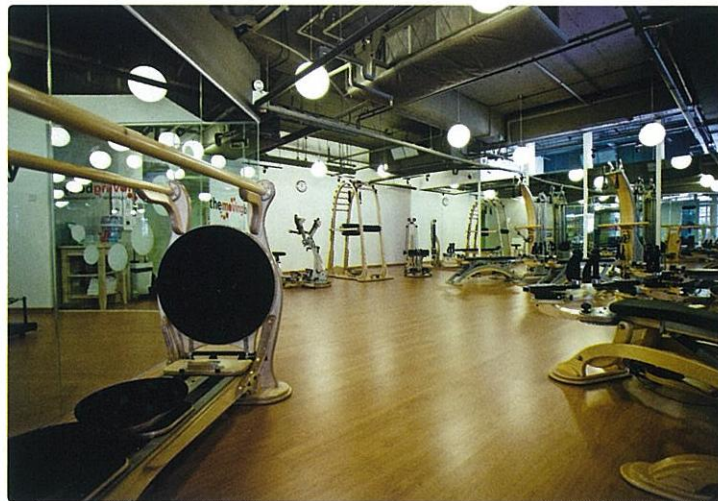
GYRATE YOUR WAY TO BETTER GOLF

GYROTONICS promote strength and fluidity in your movements - ingredients for a sound and powerful golf swing. -ONG CHEOW ENG



FITNESS has always been an important element in golf, either for performance or injury prevention. Many of us work up a good sweat using weights, gym machines and even kettlebells for strength and condition. Yoga and pilates have been proven to be beneficial for developing good posture and flexibility. Similarly, practitioners of gyrotonics rave about the many physical benefits for the golfer.

As its name suggests, gyrotonics involve putting your body through circular motions. Juliu Horvath, an ex-ballet dancer, created it in the 1980s when he was experimenting with ways to rehabilitate his ruptured Achilles tendon and damaged spinal disc. According to Audrey D'cotta, Studio Director for The Moving Body (right), gyrotonic exercises stretch and strengthen muscles, as well as mobilise joints of the body. "The gyrotonic movements replicate those of the golf swing and strengthen the necessary muscles. It also reduces the risk of injury, especially for people active in golf."



Ole Eugenio, owner of Options Studio, concurred. "In golf, you always work on one side of your body. With gyrotonics, you create symmetry and that aids in attaining full torque in your coil. It also helps you find your core and centre. If you don't know how to find your centre in your stance, you may hurt your back."

Pilates has always been compared to gyrotonics and more often than not, both forms of exercises are offered at the same studio. Compared to pilates gyrotonic exercises are more three dimensional and most of them are done in a continuous motion. Ole suggested how they can complement each other. "The first step is to find your deep support muscles with pilates, keep them activated, then move on to gyrotonics."

I was put through the paces by Audrey at her studio. For the basic arch-and-curl, I was seated down and made to stretch forward while pushing my hands out in a circular motion. That worked the

spine as well as mobilised my rotator cuff and the elbow joint. Another exercise got me to lie on my back. Then, I drew circles using my feet while they attached to a pulley-and-weight system. That strengthened my legs and loosened my hip joints.

At the end of the session I felt taller and had an extra bounce in my step, probably because of the elongation and stretching done in most, if not all the exercises. There was also a sense of rejuvenation, due to the rhythmic breathing and focus I've put in while executing the movements.

If it did wonders after just one session, just imagine what a lifetime of gyrotonics can do. ♣

THE MOVING BODY

Robertson Walk, 11 Unity Street
#01-23/24, +65-6235-1051,
info@themovingbody.com.sg,
www.themovingbody.com.sg

OPTIONS STUDIO

Regency House, 121 Penang Road
#04-13, +65-6333-3137,
sg@options-studio.com,
www.options-studio.com