

The following article is an excerpt from Sonic Boom Golf's free e-book "The Pure Power Program Preview". Click here to download the entire book for free right now.

Factors Affecting Golfing Progress

If I were to ask you if your current golf game is as good as you would like it to be, what would you say? If your game is not up to the standards you feel you could achieve, what parts of your game are you working on to try to improve? When you really break it down, there are three main areas that you can work on to upgrade your game:

- **Technical** – Mastering the technical execution of the golf swing to produce an efficient and repeatable swing
- **Mental/Emotional** – Having the focus and mental toughness to handle the highs and lows of golf along with proper course management.
- **Physical** – Ensuring that your body is properly conditioned to prevent injury and generate explosive power consistently. Your technical proficiency down the stretch also depends greatly on your conditioning levels.

For most people looking to improve their game, the first choice mentioned above, technical, is the most common game improvement strategy. Logic tells us that if we continue to practice, then we are bound to get better.

Unfortunately, the average golfer's idea of practicing is beating balls with no purpose in mind, not taking mental note of what is and is not working, wasting time and doing more harm to our game than good. I use to practice like that and found that it was very inefficient and unproductive.

What is Your Weakest Link?

For most golfers, the technical component of the golf swing is not their weakest link. Rather, it is the physical component that typically is the limiting factor, which leads to an inconsistent swing, reduced power, rapidly decreasing energy levels, greater chance of injury, sore/painful joints and the inability to significantly improve their game.

Now let me ask you how your game would change if on every hole, after you hit your drive, I was to move your ball 30 yards further up the fairway towards the green? Would you start hitting those second shots closer to the pin, have more birdie opportunities and shoot better scores?

Well, it is completely within your power to take your current drives and add on another 30+ yards to where they are currently landing, and the Pure Power Program™ will help you do it.

Golf-specific conditioning truly is on the cutting edge of overall game improvement strategies. The physical component of the golf game is often ignored and hence, is the

area for greatest and most immediate improvement for most golfers (3,4,13). It is also an excellent strategy to reduce the risk of lower back injuries associated with the golf swing (1,3,6,9,14).

The Pure Power Program™ truly is a total game improvement plan and will show you how easy it is to implement a golf-specific conditioning program. After reading this introductory book, you will realize that there are many ways to improve your game and that conditioning your body is a critical component in developing a powerful, efficient and repeatable swing and taking your game to the next level.

Chapter 1-Factors Affecting Golfing Progress Summary:

- There are three major aspects to the golf game that affect a player's ability and success: technical, mental, and physical.
- Most golfers spend the greatest portion of their time doing the things that have the least overall benefit to their game.
- If you would like to improve your game quickly, focus on the parts of your game that currently receive very little attention.
- For most golfers, the physical component of their swing is the weakest link
- Physical limitations can affect various parts of your swing and reduce your ability to generate the explosive power that leads to increased swing speed and distance.
- If you would like to experience rapid game improvement, spend less time on the range and more time conditioning your body for performance.
- Sonic Boom Golf can help you formulate a custom plan to improve your golf specific conditioning so you can achieve your game improvement goals.

About Sonic Boom Golf and the Pure Power Program

Sonic Boom Golf (www.sonicboomgolf.com) is a golf conditioning company focusing on improving the physical capabilities of your body and removing any physical limitations you might have in order to maximize your golfing performance.

The Pure Power Program is a golf specific conditioning program unlike any other. The explosive power that leads to longer drives, straighter shots, a stronger body and a more consistent swing is developed through workouts that are customized to your available time, resources and motivation. Using our proprietary exercise database, we are able to develop a wide selection of workouts for you that offer variety while at the same time rapidly propel you towards your goal of incredible power and lower scores.

The ultimate goal of the Pure Power Program is to develop maximum strength and power per pound of muscle mass. In short, it means to become a much more powerful golfer without developing additional muscle mass. Instead, we want to do more with what you already have. A stronger, more powerful, more flexible and more balanced golfer can't help but bomb their drives and shoot lower scores.

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