



Aaron Bada and Debbie Kramer demonstrate an exercise which is part of the Golf Specific Fitness program.



Aaron Bada works with Debbie Kramer at a simulator that shows various aspects of the swing and results.

Fitness Program Tailored to Golf

Aaron Bada is a fitness trainer and golf professional who combines those specialties in a program called Golf Specific Fitness. He designs custom exercise and instruction

routines to make golfers healthier, stronger, better at the game and less prone to injuries.

Bada, based in Somers Point, N.J., works with several clubs at the Jersey Shore, including Hidden Creek, Great Bay, Sand Barrens and Mays Landing.

“We want to make the students of the PGA professionals at those clubs healthier,” says Bada, “so they can take more lessons and play more golf. I’m looking to reach out to clubs in the area and make fitness part of their regimen. I think it’s very important for the future. I think it’s where golf is going.

“Fitness is very important in golf. It’s not just for the young players. It’s for all players.”

About 70 percent of his clients come to him with some kind of back, shoulder or wrist pain, according to Bada, so he starts with a physical assessment along with a video assessment of the golf swing.

“Between the golf assessment and the physical assessment,” he explains, “we take all the information that we have, and then we design a program for that person. Everybody’s a little bit different. Everybody has a little bit different goal in mind. So it’s always a challenge to come up with a creative exercise routine and instructional routine to fit that person.”

In the beginning, the exercise routine usually devotes about 40 percent of the time to assisted stretching. “What we’re aiming to do during that period of time,” Bada notes, “is open the body up and allow flexibility first and foremost. Flexibility is by far the most important aspect of the golf swing.

“This is also a chance for us to get to work with the individuals on a one-to-one basis and get a sense of where they are physically and golf-wise. Our job is to make them healthier.”

Golfers should work on their routines twice a week for at least several weeks, Bada says. He likes them to stay with the program for six months but recognizes that is not always possible.

During the off-season, his programs stress strength and fitness. During the golf season, they put more emphasis on flexibility and the swing, including work on the golf course.

Bada, a native of Cape May, majored in health promotion and exercise science at the College of Charleston in South Carolina. While in college, he worked as a PGA assistant professional at the Country Club of Charleston, where he developed the Golf Specific Fitness program

For information, call 609-338-7599 or visit www.gsfitness.com.

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