

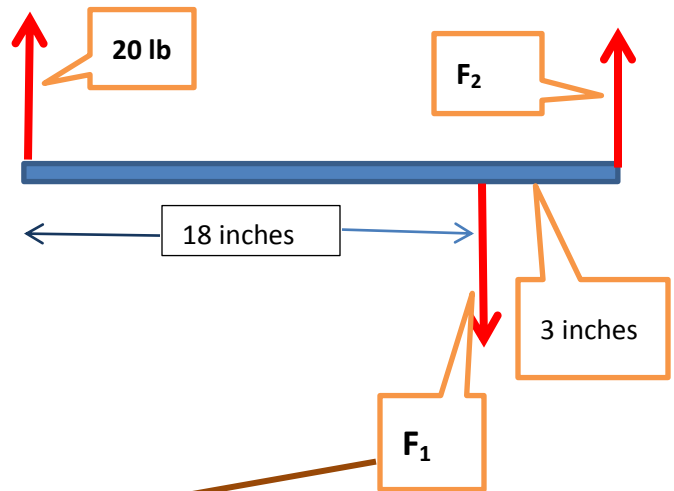
# STATIC & ROTATIONAL EQUILIBRIUM Unit 15 Dr John P. Cise,

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## Fitness Training to Get Your Game in Better Shape

Golf fitness is a hot topic because so many professional golfers have bought into the concept that fitter means farther and straighter ball flights. And there is little doubt that overall fitness is good for your overall game.



**QUESTION:** Find  $F_1$  and  $F_2$  using the conditions for static and rotational equilibrium? **HINT:** Be sure to show clearly your two working equations prior to working out your solution.

**ANSWERS:**  $F_1 = 140 \text{ lb.}$  ,  $F_2 = 120 \text{ lb.}$

The Extra 20 Yards, an at-home weight-pulley device, mimics a golf swing to help increase club head speed.

One of the most useful golf books on this topic is "Yoga for Golfers" (McGraw-Hill) by Katherine Roberts.

What I like most about the book is the simple, straightforward yet golf-specific yoga postures from Roberts, a golf fitness expert. The book is not new and Roberts has other good fitness offerings, but the yoga and golf connection remains my favorite.

On the other side of the spectrum from yoga is the Extra 20 Yards,

**an at-home weight-pulley device that mimics the golf swing to increase club head speed.** Its creator, Graeme Alexander, said golfers needed to spend about three to five minutes with the device three to four times a week.