

# Good Times

May 2024 | Issue 5

THE MONTHLY NEWS OF ROYAL JOHANNESBURG

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# From outside the Clocktower

By, Candice Humphrey

As the chill of winter sets in, morning golfers bundle up in jackets, relishing the crisp air and later sunrises.

Meanwhile, the golfing world is abuzz with excitement, as the prestigious Wanamaker Trophy delivered an exhilarating display of golf again and with thrilling precision Xander Schauffele, delivered a masterclass performance. His journey to capture his first major title culminated in a heart-stopping moment, with a delicate 6-foot birdie putt that sealed his victory on the 72nd hole.

This past month at the Club has been a whirlwind of activity with numerous corporate golf days, functions, and private events. Despite the hectic schedule, our team has excelled in consistently providing an exceptional experience that both members and guests would struggle to find elsewhere. If you are in search of the perfect venue for your next conference, golf day, or charity event, look no further. Our dedicated team is here to ensure your event is nothing short of extraordinary. Reach out to us today, and we promise, you will not be disappointed.  
[functions@royaljhb.co.za](mailto:functions@royaljhb.co.za)



It is hard to believe that the Old Oak Restaurant is 2 years old already and what a second year it has been. Being voted the best luxury family restaurant in SA for a second year by Luxury Lifestyle awards, as well as a Top Restaurant Award for service excellence.

As we approach the Club's financial year end, at 30 June 2024, we urge all members who have not yet settled their dues for the new year, starting 1 July, to please do so and take advantage of the fantastic 'early bird' incentives. Your pro forma invoice is available immediately on request but all pro-forma invoices will be distributed automatically on 12 June 2024 and payment is due on or before 1 July 2024.

In closing, the delicate climate outside the Club continues to be noticeable in some people's behaviour, and it is evident how stressed society is in general. While we aim to provide members and guests with an escape from reality, we ask members to assist the Club in upholding our high standards of respect and expectations, especially in these challenging times. It is the members and staff who shape our wonderful Club culture, and this must be maintained. Let us look forward to a hopeful future, with everyone making the effort to go out and vote and we look forward to seeing everyone at the Club this coming month.





Dear Members,

I hope this message finds you well. I am incredibly honoured and excited to introduce myself as the new Chief Executive Officer of The Royal Johannesburg, effective August 1, 2024. Joining such a distinguished Club is a dream come true, and I am eager to become a part of this wonderful community.

First and foremost, I would like to extend my heartfelt thanks to Chairman Chandru Wadhwani and the Board for their warm welcome and confidence in me. I also want to acknowledge the remarkable work of my predecessor, Christopher Bentley. His dedication and leadership have left an outstanding legacy, and I am committed to building on the solid foundation he has laid. In the next few months, I look forward to meeting the management team he has built and working closely together with them to understand the vision and strategies laid out for the next 5 years.

A little about me: I have been fortunate enough to have spent over 25 years in the golf and club management industry, with roles at prestigious clubs like Fancourt, Steenberg, and Durban Country Club. Most recently, I served as Managing Director at De Zalze Golf Estate in the Cape. My passion for golf runs deep, and as a proud member and "Fellow" Professional of the PGA of South Africa, I have always strived to contribute to this sport we all love.



I understand that Royal Johannesburg is more than just a Club; it is a community steeped in tradition and excellence. My goal is to uphold these values while also seeking new ways to enhance our members' experience. I am committed to fostering an environment where every member feels valued and enjoys the best that our Club has to offer.

In the coming weeks, I am eager to meet each of you, listen to your thoughts, and share my vision for our future. Your feedback and insights are essential to me, and together, I believe we can achieve great things for Royal Johannesburg.

Thank you for the warm welcome that I have already received. I look forward to a bright and successful future with all of you.

Warm regards,

Jason Bird

Chief Executive Officer

The Royal Johannesburg







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# Happy Golfing

By, Tiaan Van Wyk | Golf Manager



## WINTER GOLF NEVER LOOKED SO GOOD!

It has been a mild start to this year's winter in comparison to recent years, which has resulted in our courses being far greener than usual for this time of year. We should however see the brown patches starting to take over the golf courses soon and hopefully, a couple of extra meters of run on the fairways.

As a result of the winter solstice slowly incoming, please be aware of the change of our morning tee times, due to a lack of daylight – 06:44 and 06:52 times will no longer be available as of 1 June. Furthermore, for our afternoon field, the last afternoon time for 18 holes will be 12:42.

While both of our courses are in world class condition, thanks to our unbelievable course maintenance team, it is still important for us as members of Royal Johannesburg to do our part in maintaining and protecting our beloved facility by respecting and practicing the basics of course-care which includes raking bunkers, filling divots, fixing pitch marks and respecting boundaries and areas protected by roping and staking. We ask that golf carts are kept on paths where applicable and roped-off areas are not ignored, namely on the 15th and 16th holes on our Championship East Course.



On another note, our Winter Club Championship is taking place on 10th and 11th August! We encourage members to enter via the front desk, on our member WhatsApp Line or email. The 2024 Royals Tournament to be held at The Royal Port Alfred Golf Club will also commence shortly, starting on 19th July to 21st July. Entries close 8th July and more information about the event can be found on the notice board.

Our Club is extremely proud to announce that Nick Watt-Pringle and Lauren van der Merwe were both voted onto the CGGU Executive at the recently held CGGU AGM. Nick is a past Club Captain and Board member and Lauren has played provincial golf for many years and still represents her province in the Mid Am IPT. Both Nick and Lauren have so much to offer golf at this level and we wish them both much success in their new roles.

It has been wonderful to see the huge amount of member interest and participation in this year's Club Knockout! Thank you to all of our members for completing your fixtures by the 'play-by-date' - for those struggling to arrange their games before the expiry date, please contact the golf department for assistance, rules and any other knockout information.





Lastly, an update on our league standings:

Betterball League East Team (B Division) – Tied 3rd

Betterball League West Team (C Division) – Tied 5th

Mid Am ( A Division) – 1st

Mid Am (C Division) – Tied 3rd

Junior League ( B Division) – 1st

Scratch League ( A Division) – Tied 2nd

Scratch League ( C Division) – Tied 2nd

# Wall of fame



Royal Ambassador Casandra Alexander came 3rd in the Aramco event held in South Korea and has qualified for the 2024 US Women's Open.



Our junior, Michael Bellora once again won his U.S. Kids Division - the Bellora twins could be Royals very own Højgaard twin.



Dean Harding claimed victory at the 2024 Senior Nationals Tournament held in Durban.





June  
2024

Saturday 1st June	Betterball Stableford
Sunday 2nd June	Alliance 2 scores to count
Monday 3rd June	West Course Closed
Tuesday 4th June	Ladies Individual Comp - Draw
Wednesday 5th June	Individual Stableford
Thursday 6th June	Ladies Weekday League (Round 6 )
Saturday 8th June	Individual - Medal (East)   Individual Stableford (West) Mid-Am League (Round 4)
Sunday 9th June	Betterball Medal   Betterball League (Round 6)
Monday 10th June	East Course Closed
Tuesday 11th June	Ladies Comp - 4 Ball Alliance
Wednesday 12th June	Greg's Day Betterball Stableford
Saturday 15th June	Betterball Bonus Bogey
Sunday 16th June	Individual Stableford   Father's Day   Public Holiday - Youth Day Father's Day Feast (The Old Oak & Club House)
Monday 17th June	West Course Closed   Public Holiday observed
Tuesday 18th June	Ladies Comp - Betterball Comp
Wednesday 19th June	Golf Directors Surprise
Saturday 22nd June	Interschools Challenge AM (Round 2) Betterball Stableford PM Comp - Betterball Stableford
Sunday 23rd June	Betterball Stableford   Scratch League (Round 3)
Monday 24th June	East Course Closed
Tuesday 26th June	Ladies Comp - 3 Ball Alliance
Wednesday 27th June	Betterball Stableford

Please note dates are subject to change, please confirm with the Club. Additional events will be added as confirmed



[www.royaljhb.co.za](http://www.royaljhb.co.za)



LOADING ...



New website  
Launching soon...





# Ladies Golf

**By, Wendy Huddy | Ladies Golf Manager**

On a very sad note, Kay Ellison, passed away after a brave battle, on Wednesday 15 May. Kay absolutely loved her golf and was such an enthusiastic and supportive member of our Club for 27 years, managing the Business Girls and playing league for many years. Sadly Kay did not get to play as much golf as she would have liked once she had retired and her wonderful disposition, her wicked sense of humour and her beautiful smile will be missed by all who had the pleasure of knowing her and playing golf with her.

What an honour for our Club to have two of our Royal Ambassadors playing in the 2024 US Open Women's Championship to be held at the Lancaster Country Club from 30 May to 2 June. All the very best to Ashleigh Buhai and Casandra Alexander who will be teeing it up next week and hope that both ladies have a successful and enjoyable tournament. Casandra has had a wonderful May month with a tie for second place in the Waterfall City Tournament of Champions held on our East Course in the first week of the month and then a week later finishing in a tie for third place in the Aramco Team Series held at the New Korea Country Club. Ash Buhai is also playing great golf with a tie for 21st position in the Mizuho Americas Open and let's hope that both ladies have a successful and enjoyable tournament.



Although both our weekday handicap teams had losses this month with our weekday 1 team going down to River Club at home on Thursday 9th May and our weekday 2 team losing to Eagle Canyon on their tough golf course on the same day, both teams are still very well positioned on their respective division logs at the halfway stage of the league season. The weekday 1 team are in joint second position in A division and the weekday 2 team are well positioned in a tie for 3rd position in the C division. Our Sunday team had a hard fought draw against Modderfontein on Sunday 12th May and they are in a tie for second place in the Sunday league A division. Still a long way to go and lots to play for so good luck to all our league players.

The number of ladies playing regularly is slowly increasing and our courses are looking magnificent. We have been blessed with the most wonderful weather of late and although quite fresh in the morning, it is beautiful weather to play golf in. We look forward to hosting our next Ladies Open on 9th July. The theme will be 'Wimbeldon' and the competition will be held on the West Course. I look forward to receiving names for the day – these may be emailed to me or sent via WhatsApp.

Enjoy the beautiful weather at the moment ladies and I look forward to seeing many of you in and around the Clubhouse in the weeks to come.





# Ladies Wimbledon OPEN 2024

Tuesday, 09 July  
Fourball Alliance

R 175 - Members with pre-paid rounds  
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# Unlock exclusive benefits

Winter is upon us! Our winter stock has arrived and this includes beanies and mittens. UA jackets have arrived also. Pop into the shop and warm up this winter.

Titleist delivered 30 golf bags last week! Oh my hat! Members can take advantage of 10% discount on any bag in the shop, not only Titleist!

It is with great sadness that we have to say good-bye to Cara. Cara has been working in the shop for a little over a year now. She has taken up a position at Titleist in internal sales. We wish her all the best in her exciting new position.

Enjoy your golf this weekend!



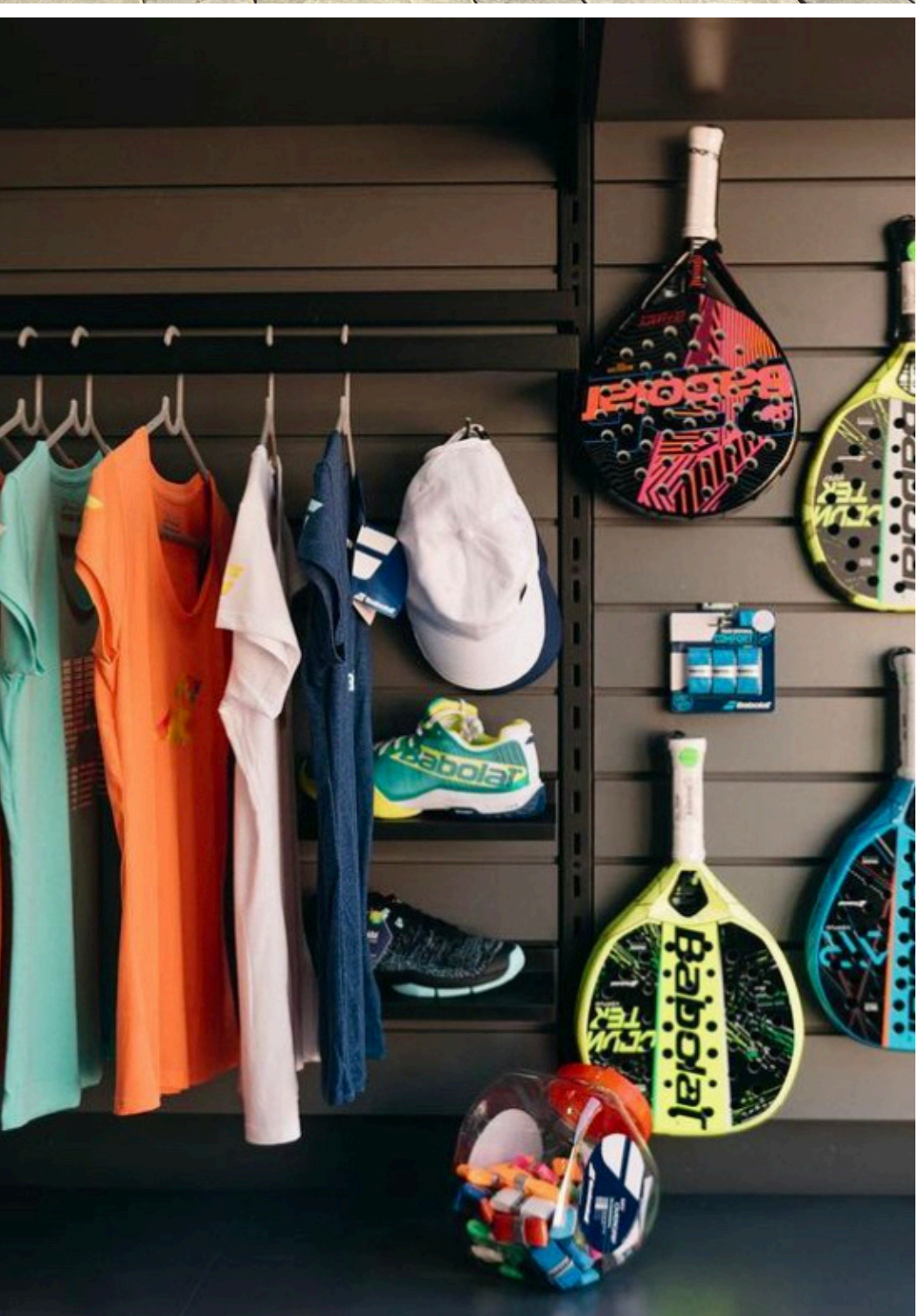




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# Tip of the Month

By, Martin Briedé | Head Teaching Pro



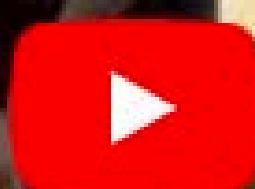
I am excited to announce that next month we will be starting the range improvement programme. The programme is planned for three phases, with phase one starting next month. Phase one is constructing target greens and levelling the teeing ground. Phase two will be the short game area and phase three improving the building and custom fitting facility. Phase two and three still need Board and member approval.



Monthly Golf tip - May 2024



Share



Watch on  YouTube



The target greens will be artificially surfaced with bunker sand around them - this design comes from the famous short game guru Dave Pelz and they will be perfect targets to hone your wedges and irons. The teeing ground will be levelled to try get one level instead of three different levels and this will provide more hitting bays. The project will take between four to six weeks. I apologise for the inconvenience during this construction period but it will be well worth it. We will try our best to open the range as soon as possible even if it means a temporary range during the latter weeks of the project.

In anticipation of the opening of the range again in August, new range balls have arrived.

Lessons will take place as normal - we will find an area to hit full shots but coaches will use this opportunity to concentrate on short game and course management.

Rory Crosley who has helped me at the range from the beginning of this year, will unfortunately be leaving at the end of June to go and study in the UK. Thank you Rory for your help during this period.

Winter is now upon us so the winter times are as follows from 6:30am until 4:45pm weekdays and from 6:00am until 4:15 pm on weekends - this allows us time to collect the balls before dark.

I am aware that the new Club financial year starts from the 1st of July and those members who have purchased an annual range membership with their subs will not lose a month due to the range reconstruction - whatever date the range opens again, their membership will run to that date in 2025.

Happy golfing during this winter period - the golf courses are still in magnificent condition.

Martin Briede 084 503 5477 | Gavan Levenson 082 990 7186 | Ricki Dembo 071 381 8715



# From East to West

By, Jerry Steyn | Course Manager



I m m a c u l a t e   p l a y i n g   c o n d i t i o n s !

A familiar face would have been seen back at Royal, it gives me great pleasure to welcome back Wikus Botes but this time with us on the course maintenance side. Wikus joins Kapuwa as the Assistant Greenkeeper and will bring a much needed dynamic in ensuring the smooth running of the operations, assisting us in taking the attention to detail to a new level and giving our courses much needed TLC. We are excited for this new chapter for Wikus and seeing him grow into a world class superintendent.

As autumn comes to an end, we head into our first winter month. Although this autumn was not as we are used to, we saw our first frost pockets in the rough last week, and cooler weather is on the cards for the next few weeks but as always the days are perfect for golf.





During the first week of May, we hosted the Waterfall City Tournament of Champions on our East course. Although it was played over a composite course, it was indeed a spectacular event yet again and we as a whole team are proud of the product we delivered and for ensuring we could make all the Royal members proud of their course. We look forward to the next one.

Our maintenance team has been busy with much needed tee levelling on the East course. We started with the two back tees on the second hole which have been completed and then followed this tee with removing the old concrete path on 12 East. A new one will be installed within the next couple of weeks along with a few new aesthetics and drainage installation around the tee complex. This will be a huge change in the aesthetics of this hole and the backdrop of our signature 11th, not to mention a much better player experience. We do apologise for the prolonged delay in this project and any inconvenience caused during this time - this is all for the enhancement of our members experience. During the second week of June, we will focus on levelling the 5th and 16th East back tees and again the aim will be similar to the 2nd in enlarging the teeing area to create more rotation over the tee boxes.



The driving range project is also approaching and will commence on Monday 1 July and the project will hopefully be completed within six weeks of commencement. We are very excited about this project and the new look to our practice facility. During this time the range will be closed but the short game area will still be open for use and we will have a section at the bottom of the range for the coaches to still be able to give their lessons. No practising will unfortunately be allowed.

We are planning to verti drain the West greens on Monday 3 June followed by a light topdressing. The East course will be done later in June. Winter is the time of year where we send our course staff on a nice long break. The staff have been scheduled to take their annual leave staggered over the next four months as this is our most convenient time to do so and ensuring we don't compromise on the course preparations.







**Club Competition Results**

[View now](#) | May



**The Old Oak Restuarant**

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**Father's Day Lunch**

**SOLD OUT** | 16 June 2024



**Ladies Open**

[Book now](#) | 9 July 2024



**Golf lessons**

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# The Chefs Table

By, Ransley Pietersen | Executive Chef

Food for thought:

*“A Chef is a mixture maybe of artistry and craft. You  
have to learn the craft really to get there.” -*

As the Old Oak Celebrates its second birthday, we would like to thank all our members and guests for the incredible journey marked by culinary excellence, community engagement, and unforgettable dining experiences. Over the past two years, The Old Oak has become a cornerstone of our local dining scene, attracting wine makers and food bloggers, known for our innovative menu, commitment to sustainability and warm welcoming atmosphere.



To mark the second anniversary of The Old Oak, we have decided to roll out a month-long celebration highlighting our most successful signature dishes since we've opened. This 3-course menu will be available only on Wednesdays, Thursdays and Fridays from 29 May – 20 June. For your first course: indulge in sustainably sourced West Coast Mussels & Calamari, steamed in a fragrant fish stock with light acidity from our house Chenin Blanc, served in a rich Grana Padano cream with charred corn, fennel fronds that introduce a savoury anise flavour to the dish. The starter is paired with The Old Oak Chenin Blanc, produced by Dirk Coetzee at L'Avenir Wine Estate.

For your second course we celebrate the brilliant quality lamb produced in South Africa. We receive our lamb whole and breakdown the carcass in house. This dish not only focuses on the responsible farming methods that we love to support but also our responsibility to growing and making an impact within our industry. The chef's that prepare this dish are taught to butcher an entire lamb carcass on their own, contributing to their skill set and engagement to bettering themselves in everything that they do. The hind and fore legs together with the neck and other trimmings are slow cooked in the pizza oven to produce other menu items. The rib cage and loin are then deboned and rolled into a cylinder and sous vide for 12 hours until tender. Then portioned into the perfect disk, served with confit cauliflower, pearl onions, basil & spinach sauce with a rich lamb jus. The main course is paired with The Old Oak Pinotage, produced by Dirk Coetzee at L'Avenir Wine Estate.





For your third course we celebrate The Fallen Oak. A dish that's been on our menu since the very first day we've opened. All the main components of the dish change according to the season yet remain the same in composition. The Fallen Oak, as the name illudes pays tribute to the grand oak that once was. The brandy snap mimics the fallen tree and the elements that surround it signifies nature that encapsulates living organisms that create an entirely new yet diverse ecosystem around it. The moss is replicated with the coral cake giving life to new shoots which are replicated in the form of elderflower and apricot sorrel. To add a level of richness and sweetness to the dish we have introduced a mango custard and white chocolate cremeux.

Book your weekday lunch or dinner to indulge in this unforgettable menu and all the stories that these dishes hold within.

Our Father's Day lunch is set to be one for the books and we look forward to seeing you there.

The shadows of 'Smoke Stories' where whispers of intrigue mingle with the scent of oak and ember. The dancing flames reveal the whispers of forgotten lore filling the air. Coming Winter 2024! Stay tuned...







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# Hello Honey

By, Clinton Duncan | Royals Bee Guy



## In association with EcoSolutions

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**THE SPOTTED EAGLE OWL  
CONSERVATION INITIATIVE**

Royal Johannesburg highlights a proactive approach to wildlife conservation, particularly in urban settings where natural habitats are increasingly scarce. The Owl box initiative aims to enhance our understanding of the magnificent spotted Eagle Owl and facilitate the expansion of suitable breeding sites. The introduction of future box placements will be a critical component of this endeavour, providing safe nesting areas that are essential for the reproduction of these magnificent birds. This program not only helps preserve a species that is vital to the ecological balance but also reinforces the commitment of Royal Johannesburg to its conservation obligations, enhancing biodiversity and fostering a deeper connection between the community and local wildlife.





# IF YOU NOTICE THE SPOTTED EAGLE OWL?

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# Your business playground

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## GCC - SKILLS DEVELOPMENT

YOUTH TRANSFORMATION THROUGH SKILLS

Dear Members

We are happy to announce GCC – Skills Development is a new Royal corporate member and will be hosting a conference / golf day event. We would like to extend this invite to all the Corporate Members at Royal.

GCC Skills Development is an Educational and Training Provider that specialises within the BBBEE sector.

The day will entail SETA to QCTO transition, adapting to the new BBBEE verification process and Skills Development and Learnership initiatives.

They are also offering free branding on both courses on the day.

Please see below event details:

- Venue: Royal Johannesburg Golf Club
- Date: 19<sup>th</sup> June 2024
- Time: Conference 7.00am registration & Golf 12pm shotgun start
- 

RSVP to [nicole@gcc-sd.com](mailto:nicole@gcc-sd.com) if you would like to join.





# Your health & wellness fix

## Weight Training Continued: Looks or Function

Last month I introduced the topic of resistance or weight training, and its benefits for golf and health, but from a very superficial level. I mentioned that I would unpack a few topics within weight training, as we begin to demystify the ideas around weight training.

This month I want to cover a topic that I often encounter as a stumbling block when talking to clients about training, and that topic revolves around training to look good, or training to play better golf, within the context of weight training.

When we look at weight training as the next step in our training journey, the phase that is often used is “I don’t want to look like a bodybuilder or anything, but...” as if simply lifting a dumbbell or kettlebell results in instantaneous muscle growth.

There are many ways to do resistance or weight training, and they all vary depending on what it is that you want to achieve.



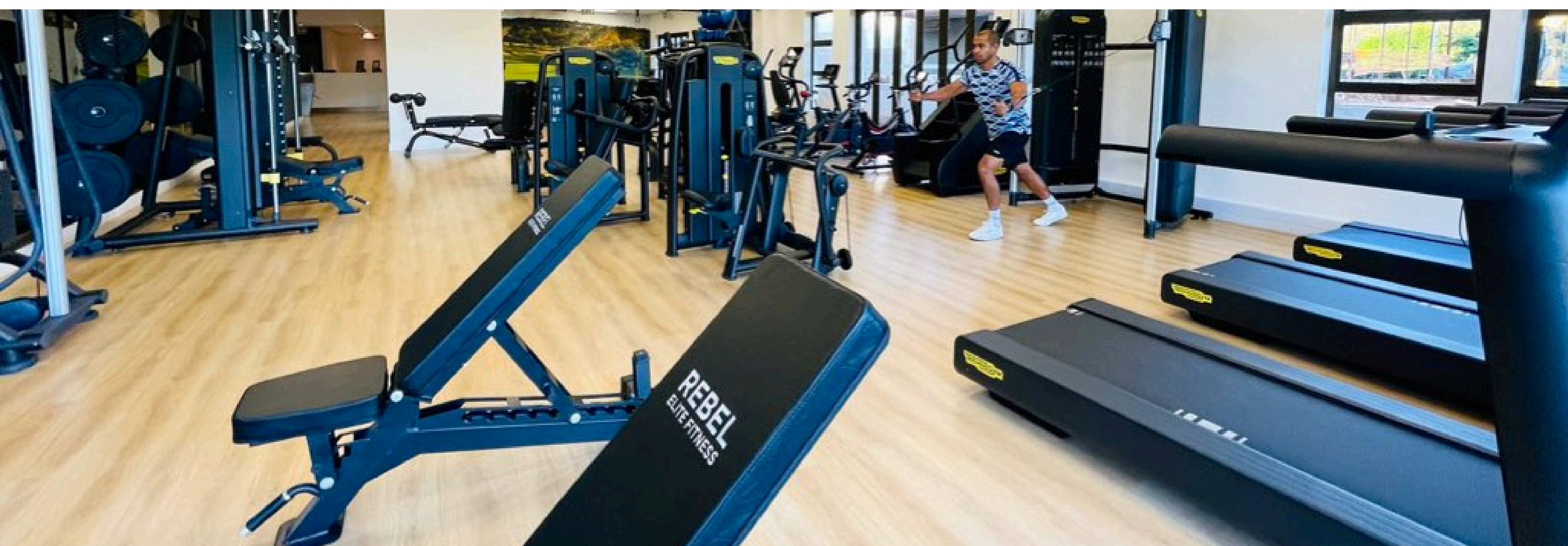
For example, we can do weight training to increase muscle endurance, where the capacity to do work is increased through a higher rep count, slightly lower weight and minimal rest. Strength on the other hand requires far less reps, much heavier weight and a full rest between sets in order to push the heavier weights.

The debate of training to look good versus training to function better will always exist, but there is a fundamental point I do want to make: Muscles that look good may not necessarily move well, but muscles that move the body well very rarely look bad.

If we relate this back to golf, the above statement basically means that just because you are “in shape”, doesn't mean that you move well for golf, but a golfer who moves well is more likely to be “in shape”

If you train in the gym and you do weight training, wouldn't you prefer that the work you are putting in benefit your golf swing too? If that is the case, then the question you ask before starting any exercise is “How does this movement benefit my golf swing?” If you use that filter more often, you are more likely to chase function over looks, and with consistency, over time and a half-decent diet, the looks will follow.

If you would like to chat to me about a tailored training program, or book your golf fitness assessment, you can do it on my website ([www.gavingrovestraining.co.za](http://www.gavingrovestraining.co.za)) or [fitness@royaljh.co.za](mailto:fitness@royaljh.co.za)





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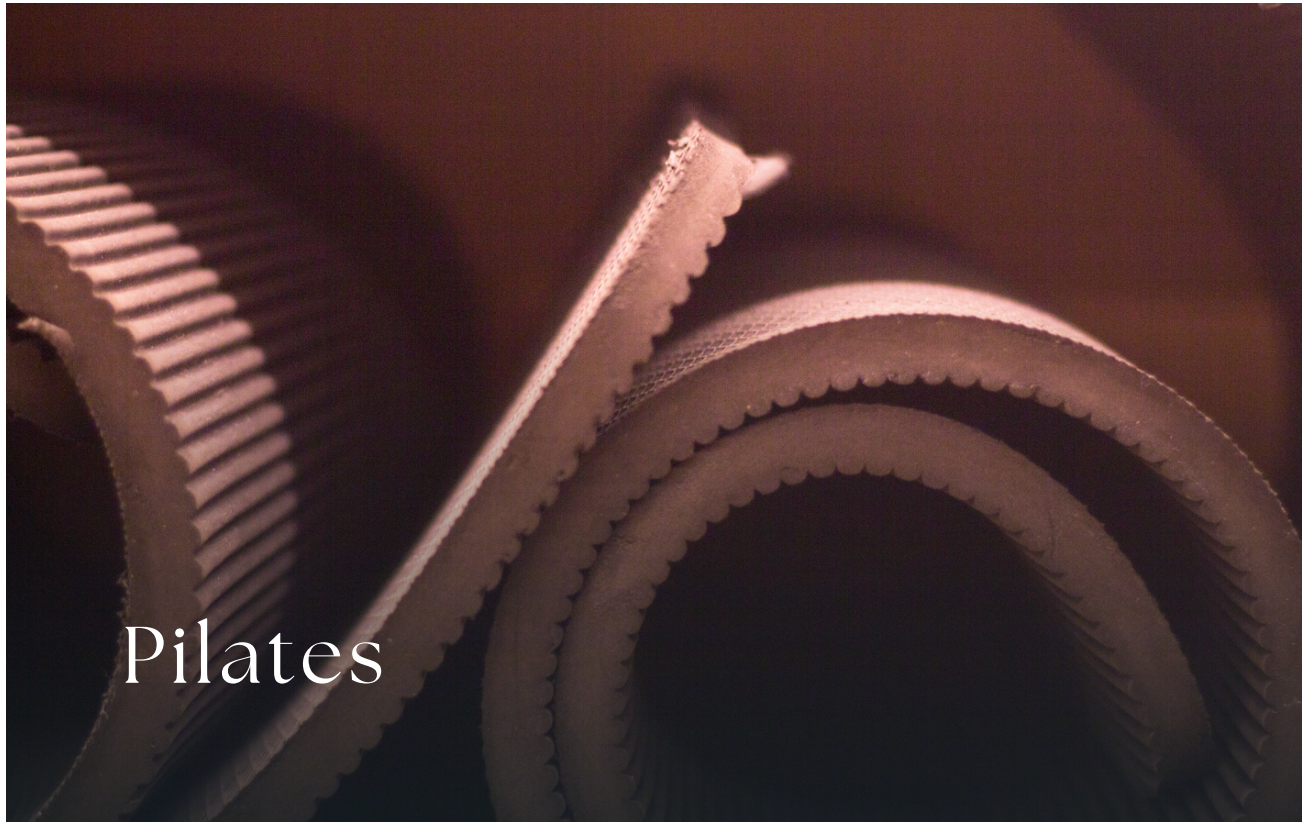


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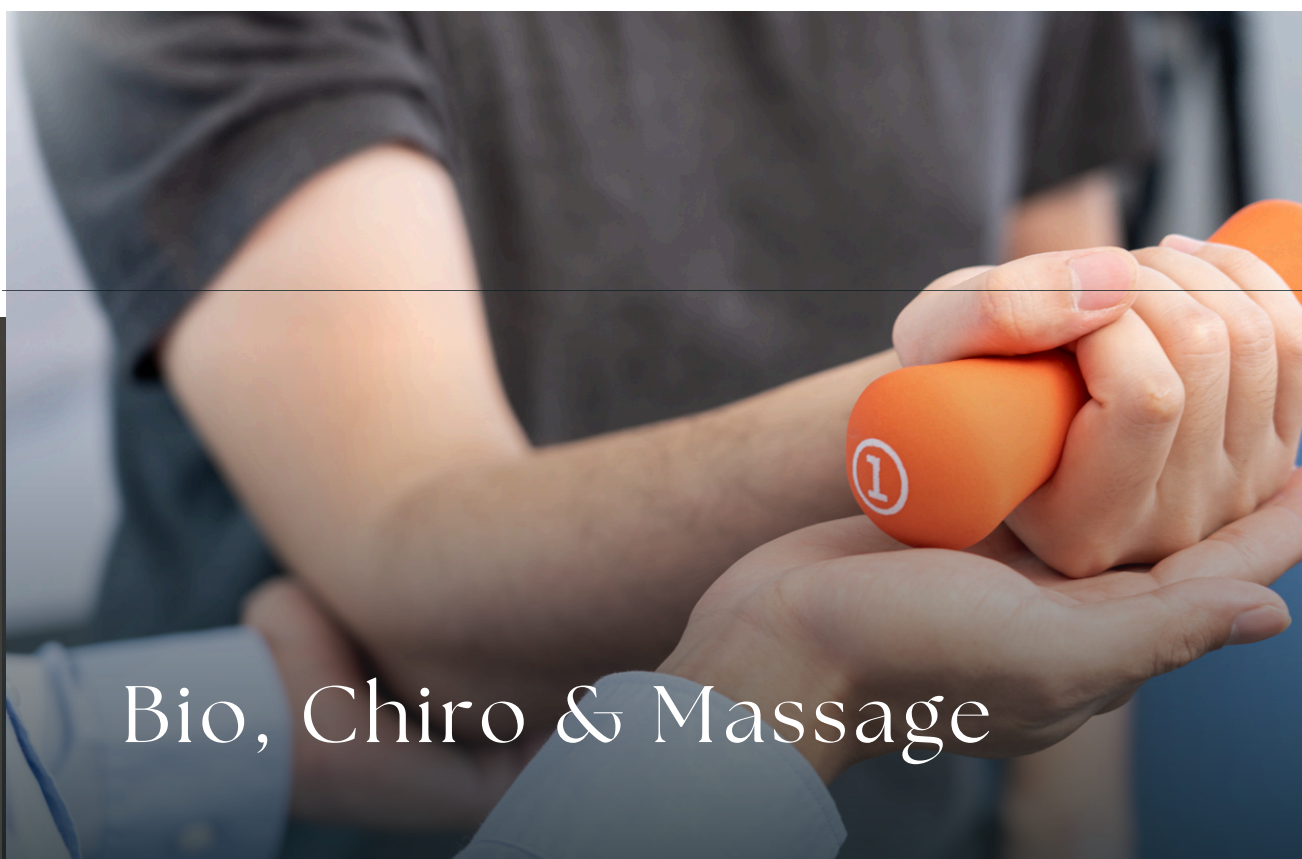
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# AimPoint

**Sandra van den Bergh**

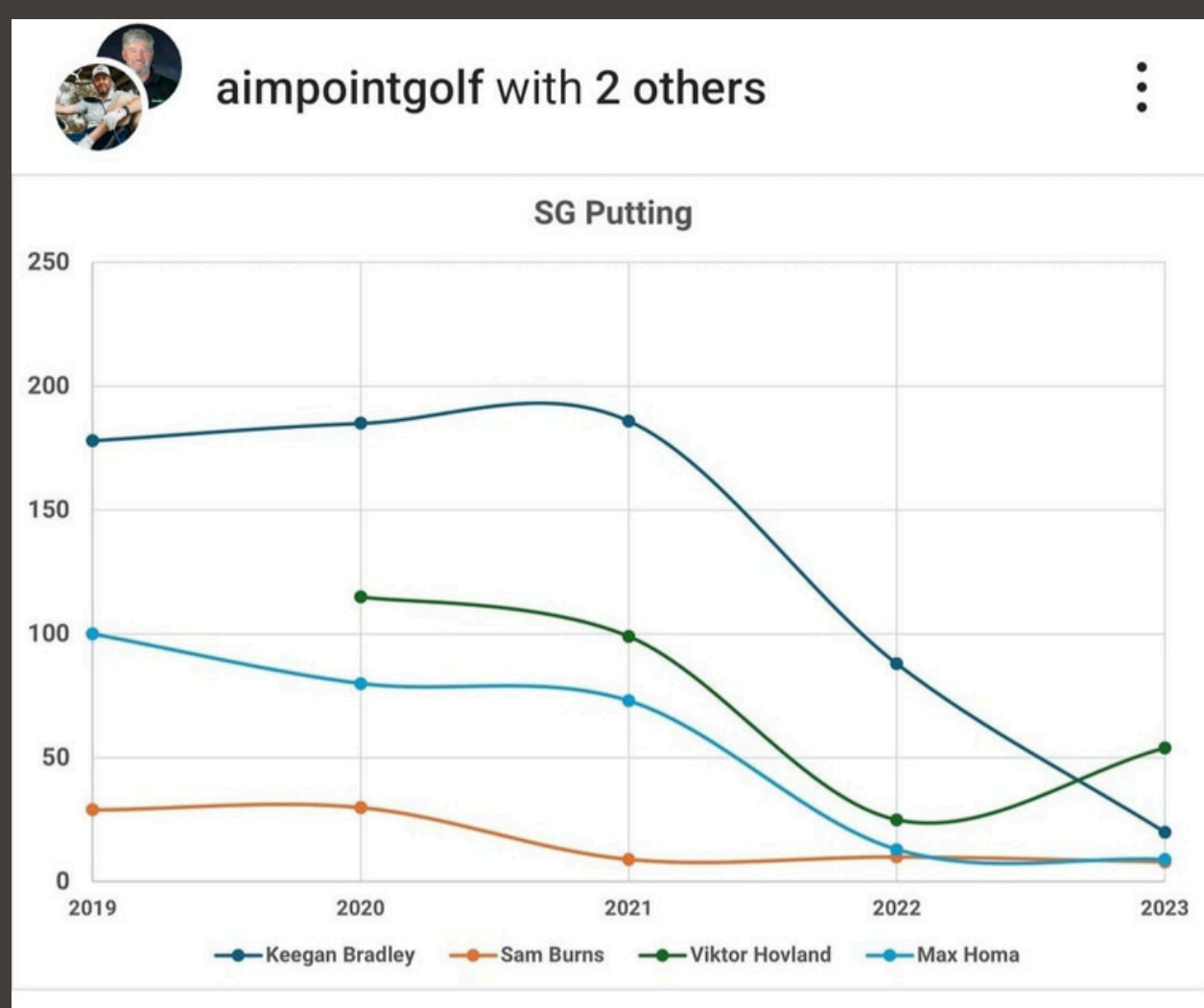
Certified level 3 AimPoint Instructor

## INTERNATIONAL

Keegan Bradley has made incredible strides on the putting green since changing to Aimpoint. Learn how to improve your skills with the flat stick, click on the [video link - GolfDigest](#).



So strokes gained putting rankings for Keegan Bradley, Max Homa, Viktor Hovland and Sam Burns after starting with AimPoint - helps golfers putt better, fact.



## LOCAL

Watch Amilkar Bhana (Golf RSA player) make this long putt at Royal JHB after matching his AimPoint Read and Speed. The best putting method taught right here on your doorstep at Royal JHB. [Click Here](#)

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# Bespoke Fitness Biokinetic

By, Dale Ebell | Biokineticist (HPCSA/BASA)



## Enhance Your Game: Using Exercise to Reduce Knee Pain During Golf

As avid golfers, we all know the joy and challenge of the game. However, knee pain can put a damper on your performance and enjoyment on the course. The good news is that incorporating specific exercises into your routine can help alleviate knee pain and keep you playing your best.

### Understanding Knee Pain in Golf

Knee pain is a common issue for golfers due to the repetitive motions and stress placed on the joints during swings and walks on uneven terrain. Factors such as improper swing mechanics, lack of flexibility, and muscle imbalances can contribute to this discomfort. By addressing these issues through targeted exercises, you can reduce pain and enhance your overall game.

### Key Exercises to Strengthen and Protect Your Knees

#### 1. Pre-Round Warm-Up Routines

- Leg Swings: Stand next to a wall or a sturdy object for support. Swing one leg forward and backward, then side to side, to increase blood flow and flexibility in your knee joints.
- Walking Lunges: Take a step forward with one leg and lower your hips until both knees are bent at about a 90-degree angle. Push through the front heel to rise and step forward with the other leg. This dynamic stretch warms up your hip flexors and quadriceps.



## 2. 'Off the Course' Strengthening Exercises

- Squats: Stand with your feet shoulder-width apart. Lower your body as if sitting back into a chair, keeping your chest up and knees behind your toes. Push through your heels to return to standing. Squats strengthen the quadriceps, hamstrings, and glutes, providing stability to the knees.
- Step-Ups: Use a sturdy bench or step. Step up with one foot, then bring the other foot up to meet it. Step down with the first foot and repeat. This exercise builds strength in the legs and improves balance.
- Leg Press: Using a leg press machine at the gym, push the platform away from you with your feet shoulder-width apart. This exercise targets the quadriceps, hamstrings, and glutes, crucial for knee support.

## 3. Flexibility and Balance

- Walking Knee Hugs: Walk forward while bringing one knee up to your chest, hugging it with both arms. Release and step forward, repeating with the other leg. This dynamic stretch increases flexibility in your hip flexors and hamstrings.
- High Knees: March in place, bringing your knees up toward your chest as high as possible with each step. This helps improve flexibility in your hip flexors and strengthens your core muscles.
- Walking Calf Raises: As you walk, rise onto your toes with each step, holding for a moment before lowering your heel back to the ground. This dynamic stretch strengthens your calves and improves ankle flexibility.
- Balance Drills: Stand on one leg and hold the position for 30 seconds, then switch legs. For an added challenge, close your eyes or stand on a cushioned surface. Improving balance helps reduce the risk of falls and knee injuries.





## **Incorporating Exercises into Your Routine**

To see significant improvements, consistency is key. Aim to incorporate these exercises into your routine at least three times a week. Additionally, consider working with a fitness professional to tailor a program specifically for your needs and monitor your progress.

## **Listen to Your Body**

While exercise is beneficial, it's important to listen to your body and not push through pain. If you experience significant discomfort, consider modifying the exercises or seeking advice from a medical professional.

Happy golfing!







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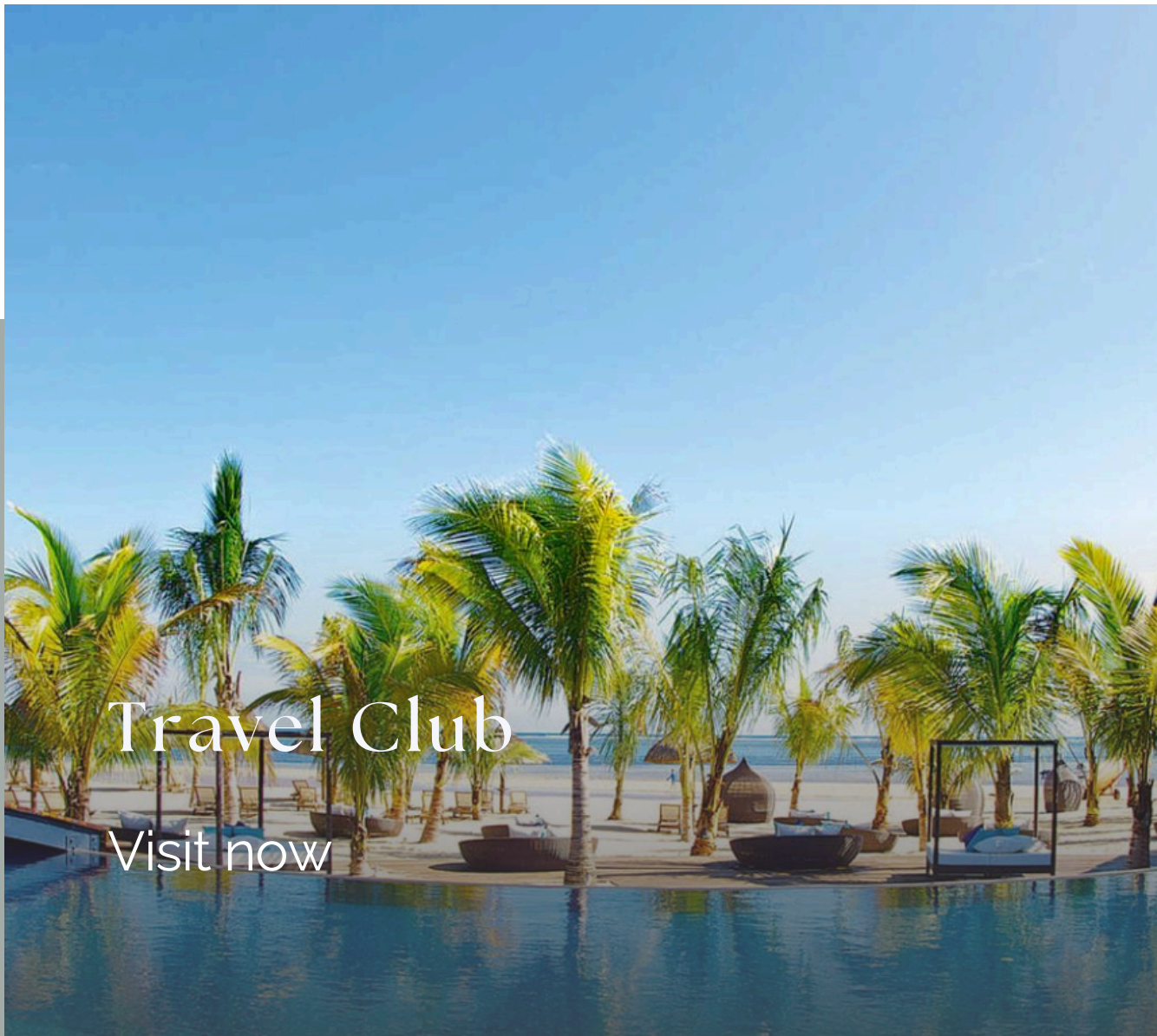
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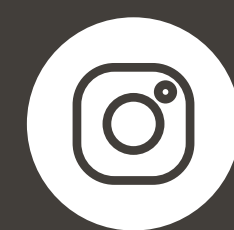
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