

Physical Fitness

Bowling is a game that can be enjoyed by anyone, regardless of age and body type, as a means of social gathering and physical activity. To help ensure a lifelong enjoyment in the game, the following information can help your body stay pain free and increase your scores.

Q&A

Q: Is stretching before bowling important?

A: Yes, bowling requires the use of every major muscle in the body. Making sure muscles are loose and ready for physical activity will reduce the risk of injury, increase your ball speed, and increase your consistency.

Q: What types of stretching should be done?

A: Stretching should include a warmup of dynamic stretches such as jumping jacks and squats followed by static stretches as a cool down.

Q: What is the difference between dynamic and static stretching?

A: Dynamic stretches involve movement while stretching the muscles through its full range of motion. Static stretches on the other hand are performed by placing a muscle in a stretched position and holding it for 15-30 seconds. Dynamic stretching has been shown to do a better job of warming up muscles and increasing bowling performance.

Q: What are some examples of dynamic stretches?

A: Dynamic stretches include arm swings, torso twists, side bends, and leg swings, jumping jacks, squats, and lunges.

Q: Is strengthening muscles important for bowling?

A: Yes, stronger muscles create a smooth and balanced approach making it easier to repeat shots and increase score.

Q: What exercises are important for increasing bowling strength?

A: One of the most important body parts to strengthen are the legs. The legs are important for increasing ball speed and maintaining balance at the foul line. Important exercises are squats and lunges. Additionally, having strong shoulders is important to counteract the forces created by the bowling ball during the swing. For this, exercises include pull ups and seated rows.

Q: Is it safe for kids to do these stretches and exercises?

A: Yes. For most of these exercises, the only resistance is supplied by an individual's body weight. Many kids will experience greater forces while running around and playing. Using these exercises will help in their development and increase their willingness to participate in them as they grow older.

Q: What alterations can be made for senior bowlers that may be lacking balance?

A: Many of these warmup activities can be performed while holding on to a solid object in the settee area such as a table or chair. Holding onto one of these objects will allow the bowler to work a greater range of motion while significantly decreasing the risk of falling.

Q: Are there any specific stretches that are important for senior bowlers?

A: Yes. Senior bowlers will benefit from doing single leg balance activities. These activities can be performed by attempting to stand on one leg for 20-30 seconds and then repeating on the opposite leg. Lightly holding onto a solid object can ease the fear of falling.