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HOW TO FIX YOUR ADDRESS POSTURE

Any decent golf coach will tell you that in order to make a smooth efficient swing with your body you need to start by getting into a good setup position !



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STAND IN FRONT OF THE MIRROR AT HOME

Which example below looks more like the way you setup over the club ?





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This setup will produce great rotation more distance and minimal stress on the body



This setup will produce poor rotation and stress on the neck, back and hips and less distance



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IF YOU LOOK HUNCHED OVER THE CLUB WHEN YOU SETUP
TRY THIS DRILL AT HOME FOR BETTER POSTURE

Attempt this **3 times per day for 5 mins at a time**, immediately after completing stand up and feel the difference in your setup posture !!



Place two spikey balls/tennis balls on top of your shoulder blades

Slowly lay back with your hands interlocked and elbows straight

Fully extend your body over the balls and push straight with your elbows