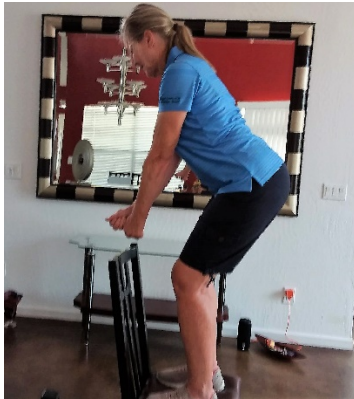


Proper Posture Sets Us Up For Success Peggy Briggs LPGA Member

As the heat winds down, it may be a time to revisit our set up posture. Too much inside time during the summer heat can turn our abs and glutes soft.

We fit into 2 undesirable categories if we are struggling to have a neutral posture at set up. Too much arch in our lower back is often referred to as “S” posture. This is one of the leading causes of low back pain. If we are too hunched over in our upper back it is referred to as “C” posture. This will restrict our turn and force us to bend our elbows.



“S” Posture



“C” Posture



Neutral Posture

Both of these postures restrict something in the swing causing our golf ball to be mis-directed or loose power in our swing.

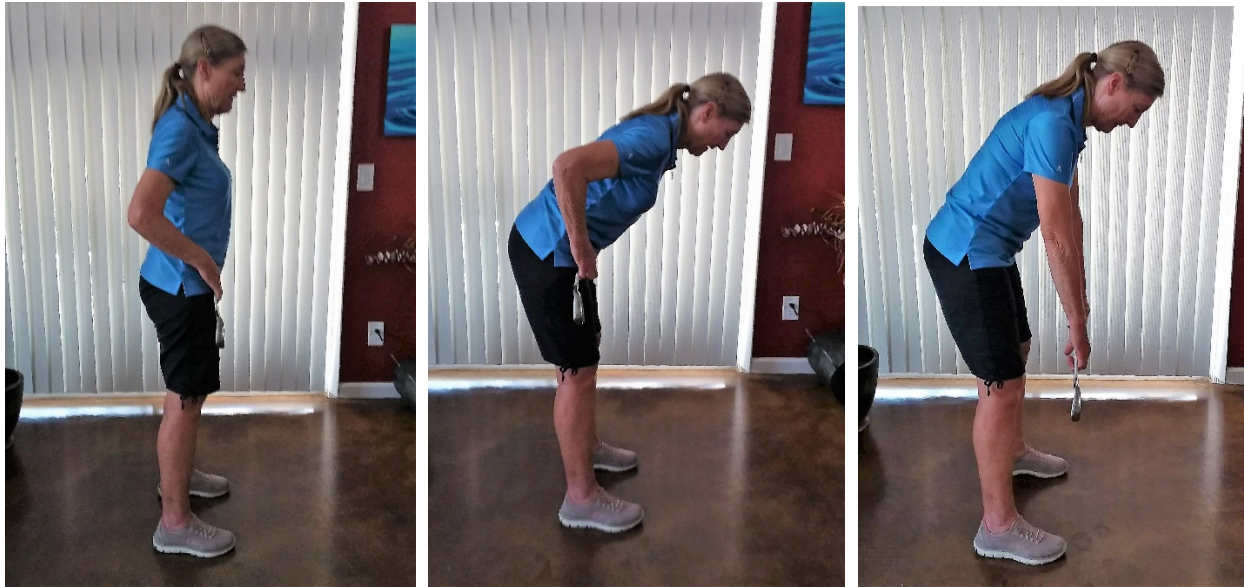
There are a few simple things you can do.

First, take a look at your own posture in the mirror.



Make your own assessment of what you are, Neutral, “S” or “C

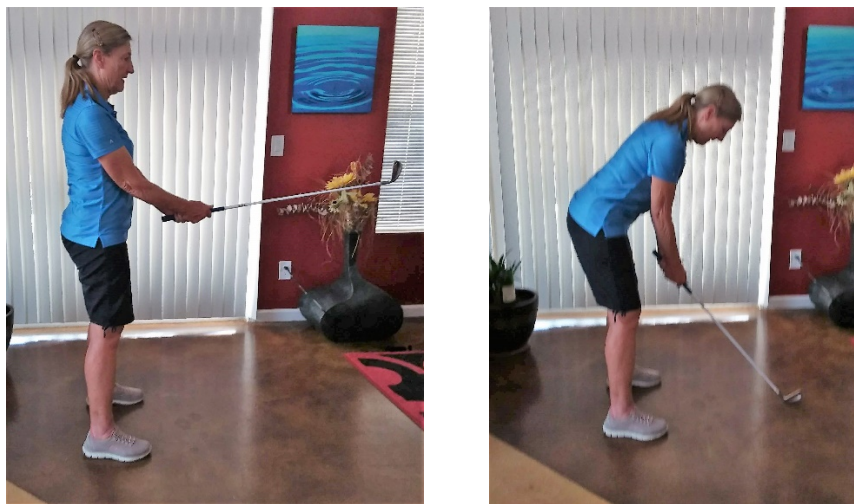
If you are the “S”, try some **Hip Bar Hinges**



Place a club across your hips with your thumbs on your hip joints. Get into a neutral spine posture and bend forward from the hips, not the lower or upper back.

Neutral Pelvis Forward Bend With Club

(we saw Pernilla Lindberg do this as a pre-shot routine when she won the ANA Inspiration in March.)



Stand vertical with the club out in front of you and get into a neutral spine. Now simply bend forward from the hips and place the club on the ground. Repeat several times to get the feeling of bending from your hips in a neutral pelvis

If you are the “C”, try some **Palms Up Club Lifts**



Start by grabbing a 5-iron about shoulder width apart and holding it out in front of you with your palms facing the sky. Press the club out in front of your body and slowly raise the club as high as you can above your head. Make sure you are constantly pushing the club away from your body.

Standing Prayer Stretch



Grab onto a golf club or pole and stand it up in front of you. Sit back into your heels until you get a big stretch in your shoulders and lats. Hold for two breathes and repeat.

Peggy Briggs LPGA Class A

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If these are difficult for you, refer to Debra Pentz body exercises.