

Secrets of the LPGA – Getting Engaged! By Peggy Briggs, LPGA

At the recent Founder's Cup Tournament at Wildfire Golf Course in Phoenix, I paid particular attention to how the players set up for the shot. Every player on every shot "engaged" the lower body. It was obvious when I looked at their lower body, their toes were "gripping" the ground and I could see their leg muscles stabilize. Their arms consolidated with their upper body – The upper arm would squeeze gently to the rib cage.

The pros engage their muscles for some very good reasons.

- It keeps their spine in a neutral position.
- It allows stability while in motion.
- It prevents injuries

Engaging muscles properly decreases mis-hits, include topping the golf ball, hitting the ground before the golf ball, falling backwards or sideways after our shot or just squirting the ball off to the right.

Our legs and quads are important for balance and keeping our body from moving unnecessarily, Weak legs can lead to sliding or swaying as you swing.

Our glutes and abs are important for us to be able to maintain our golf posture during the swing and have a proper set up. They let us be athletic and get more distance.

Our pecs or chest muscles are used to keep our arms, body and club connected. Proper engagement will allow you to have those "soft hands". This is important for every swing – especially the putting stroke.

The benefits of getting engaged are endless, ball goes up in the air with every shot, ball lands in the fairway every shot, ball goes farther - who wouldn't want these things!

See "How to Get Engaged like the LPGA" by Dr. Debra Pentz
Peggy Briggs, peggybriggs.com

How to get Engaged like the LPGA by Dr. Debra Pentz

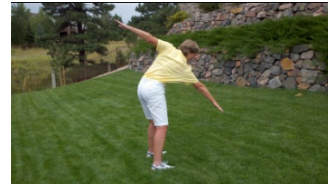
Here are a few exercises to get you into that LPGA position for great ball striking.

1. Stand tall with your feet a natural width apart. Grip the ground with your toes then let them go flat. Repeat this movement. You should feel your legs (quads) and your butt (glutes).
2. Stand tall with your feet a natural width apart. Pull your belly button in, trying to get it to touch your back. You should feel your stomach (abs) butt (glutes)
3. Stand tall with your feet a natural width apart. Hold your arms out from with your palms facing and touching each other. Separate your fingers from each hand so there is about 4 inches between them. Slightly press the bottom of your palms together. You should feel your forearms and chest (pecs).

Now do all 3 exercises at the same time. Allow some time to practice these 3 exercises standing tall. When you become comfortable with them in the standing position, move into your golf posture at set up. Practice all 3 in your golf set up. Go to the driving range and try it out.

If you are having trouble doing this, you may have some stability or flexibility limitations. One of the best corrective exercises is the windmill.

The Windmill – Stand with your feet slightly wider than shoulder width apart. Hinge at the hips. Extend the arms. Reach for the opposite foot. Focus on having the shoulder work down and across the body. If this movement hurts your shoulder, you are not turning your upper back enough. Remember to grip the ground with your toes to engage the lower body.



Dr. Debra Pentz, Nevyhealth.com,