



The key to improving your Golf!

Posture self-assessment

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Published in New Zealand (where else?). Any person flouting the rules above will be sent (at your own cost of course) to pick sheep poo on some farm in New Zealand.



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The key to improving your Golf!

Love Golf!

You love Golf, but your body doesn't. You are starting to feel like your Back is limiting your swing and your Knees and Hips are not enjoying the walk like they are supposed to!



You are not alone. Most Golfers are either carrying some aches and pains, or play with an injury. bestgolfposture.com provides you with simple exercises that will stop the pain and improve your swing, turning your Body from a Golf Hater to a Golf Lover.

Consistency breeds confidence. With this new-found confidence you will drive the ball further, improve the accuracy of your irons, and increase chipping control, which will lead to you making more putts and lowering your scores further!

Our programs show you how to reduce the impact that Golf has on your body. Reducing the impact lessens fatigue and means you are more consistent throughout your round.

Best of all you will be the only one in your foursome that feels great at the end of the round, and able to play again the next day!

The key to improving your Golf!

The Idea

We are passionate about physical conditioning, and this has translated into Golf. Our passion has uncovered the key to improving your game.

Better Posture + Increased Flexibility = Lower more consistent scores

Golf may seem like a leisurely pursuit, but you play it for the competition, don't you? You compete either against your friends or yourself, but you still compete.

Let me guess. You used to play competitive sports when you were younger, what was it?

- Football
- Lacrosse
- Soccer
- Hockey
- Rugby

All these sports take their toll on your body, not only from movement but most have a very high incidence of collision associated with them. You used to be able to take the hits but you finally decided that your body couldn't take it anymore, so decided to take up Golf instead!

I've got some bad news for you - Golf is hard on your Body! You won't get hit in a tackle, or checked into a wall, but your swing has a habit of causing destruction.

Did you know:

- 53% of male and 45% of female golfers suffer from back pain?

Back pain can be caused by poor technique. Poor Technique is 100% caused by bad posture and reduced flexibility.

- Amateur golfers achieve approximately 90% of their peak muscle activity when driving the ball.

90% of your peak muscle activity is the same lifting intensity as trying to bench press a weight that can only be lifted four times, before you can't lift anymore.

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Yet golfers fail to consider that they strike the ball on average 30-40 times a game with the same intensity.

Identifying your posture profile and its relationship to your golf game is critical to your success. Improving your posture and core strength doesn't have to be done in the Gym. We will show you how you can do this at home or in your office.

The Philosophy

Because most Golfers are either carrying some aches and pains, or play with an injury, we want to provide simple exercise information that will provide you with the ability to improve your swing, reducing the impact on your body.

Reducing the impact lessens fatigue and means you are more consistent throughout your round.

Consistency breeds confidence. With this new-found confidence we will add some simple strengthening exercises that will make you drive the ball further, improve the accuracy of your irons, and increase chipping control which will lead to you making more putts and lowering your scores further!

But first we need to assess your posture and get the foundations right!



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Your Trainer

Shane Lyons – Golf Conditioning Specialist

Shane is passionate about health and fitness and this passion has led him to helping Golfers in New Zealand improve their game.

Shane is a qualified CHEK Exercise Coach and Golf Conditioning Specialist. Shane's background is in Gymnastics with over 10 years' experience in the International arena. He represented New Zealand at the 1997 World Championships and the 1998 Commonwealth Games. Shane has been a Personal Trainer for over sixteen years and brings a wealth of experience and commitment to continuing education and development to bestgolfposture.com

As a professional athlete in the sport of Gymnastics it's very much about explosive speed and power, grace and posture. Upon retiring from my professional career and returning to New Zealand I qualified as a Fitness Professional as my passion was always in sport after 20 years in Gymnastics, competing at the highest level for my country. I was asked by a number of my personal training clients to help them with their golf game and with testing and time discovered if I could influence their posture. This had a massive impact in achieving their optimal swing mechanics.

With some specific testing and targeted corrective exercises my clients started to see significant improvements across the board. Naturally my clients were delighted with the positive changes in their game. Not only were they moving better in their swing but they were more accurate too.

Golf is largely about the ability to rotate your body, creating an effective axis of rotation with a coil to unleash on the ball with speed and power. By tapping into this hidden posture piece of the puzzle I have been able to see amazing results for my clients, and it works for all golfers from beginners to advanced. If you're not starting it the right place, i.e. poor posture, then you'll finish in the wrong place!

Over time with testing, I have been able to determine which are the most important posture changes needed to optimize the Golfer's movement function for optimal swing mechanics. Today I'm proud to say I have a program that not only works but also reduces/eliminates pain for the Golfer, which is very real in the Golfing community.

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First things first, how bad is it?

You need to figure out how bad things are! To figure this out we need you to complete these 4 tests to set a baseline level of posture and flexibility.

The measurements should be logged next to each test below.

Once you know where you stand, you can start improving. We know that our short 30-day posture repair program will be the start to massive improvement in your Golf game!

Consistency and following our proven program will ensure your success and take your game to the next level!



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Let's get started!

Test 1: Lumbar/Spinal Rotation Test

SET UP: Lying on your back with knees bent to 90 degrees, lift feet pointing knees to ceiling then slowly lower your legs to one side. Ensure opposite arm is outstretched with palm up. When opposite outstretched hand or shoulder lifts take measurement as follows. With ruler between index and middle finger take measurement from floor to bottom of lower knee and record below.



Your Score: **L:** **R:**



0 – 2 Inches

2 – 4 Inches

4 + Inches

Effects/Comments

If you scored 2-4 Inches or more you have restricted lumbar rotation and considering golf is all about rotation it's paramount that you address this to avoid injury and unnecessary loads on your body. Restricted spinal rotation will result in excessive internal shift and rotation of hips during both the backswing and follow-through. Shoulders will often be overused to compensate and coil action will be limited. Note: Limited coil action = Golfer's Elbow. Other faults from restricted lumbar rotation include faults with swing plane, clubface angle and maintenance of optimal swing axis.

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Test 2: External Shoulder Rotation Test

SET UP: Lying on your back with knees bent, hold ruler between index and middle finger. Lower L or R arm to floor at a 90-degree position at elbow and record measurement from floor to fingers. Repeat for L or R Shoulder and record below. Note: Place opposite hand over front of shoulder, cupping shoulder with moderate downward pressure to avoid a false reading.



Your Score:

L:

R:



Effects/Comments

If you scored 2 – 4 Inches or more for your right shoulder, your follow-through will be restricted.

If you scored 2 – 4 Inches or more for your left shoulder, this will result in restriction of your backswing and have huge impact on the flight of the ball.

Compensation is often seen as a loss of your swing axis with swing plane alterations.

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Test 3: Thoracic Extension Test

SET UP: With heels about one foot from the wall, buttocks, back and head against the wall knees bent approximately 20-30 degrees. Place ruler between index and middle, keep arms straight and raise backwards passing by ears until you feel your hips or back lift from the wall. Once you feel your hips or back lifting record measurement from ruler to fingers and record below.



Your Score:



0 – 2 Inches

2 – 4 Inches

4 + Inches

Effects/Comments

Thoracic extension is necessary for protecting the shoulder joint from impingement and/or excessive strain. If you scored 2-4 Inches or more this restriction will limit your ability to extend your upper spine, rotate effectively for optimal back swing and a good coil. This will without a doubt reduce your power and distance. If not addressed this will lead to shoulder injury in time.

Common by-product seen in swing mechanics are disrupted swing plane and swing arc, resulting in a chopping swing with fat, thin and inconsistent shots. Getting this resolved is extremely important to your golf game!

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*Test 4: Core Function Test – Strength

SET UP: Lying on back with knees bent and fingers under lumbar spine L4/L5 (Trace fingers from belly button around to lumbar spine to L4/L5.) Lift legs to vertical position and press lumbar spine onto fingers. Maintain constant pressure on fingers whilst lowering straight legs to floor. When lumbar spine lifts from fingers record your angle of legs to floor.



Your Score:



Effects/Comments

Your core is the bridge between your upper and lower body. A weak core will result in back pain and/or discomfort and create unwanted lateral sway in swing mechanics resulting in limited power and distance in your drives.

Golf quite simply is a highly athletic event and you need a strong integrated core to keep you safe from injury and to play to your full potential.

If you scored 30-45 Degrees or more you need to co-ordinate and strengthen your core muscles.

* This particular test is not recommended if you are currently experiencing back pain. Please use modified version by bending at the knees and record your angle of thighs to floor.

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What's Next?

Our 30-day Posture Repair Program

Let's get you back into shape and playing your best golf with our proven premier 30-day Posture Repair Program! This program will help you start to improve your posture, mobility and flexibility. It will get you back to standing up and swinging a club with greater ease!

It's the golfer NOT the golf clubs that holds the promise of a good game!

Optimal posture provides for a consistent and an accurate golf swing along with an integrated strong core.

Most golf coaching programs only emphasize the usual problems with a golfer's posture, however at Best Golf Posture we understand your best posture is critical to your game and we provide the solutions to playing your best golf!

[Click here](#) to purchase our 30-day Posture Repair Program guaranteed to improve your game and look after your body! **All backed by our 30-day money back guarantee.**



Our programs show you how to reduce the impact that Golf has on your body. Reducing the impact lessens fatigue and means you are more consistent throughout your round.

You've got nothing to lose, since you're backed with my **money-back guarantee**. **If you're not satisfied, I will personally refund every penny. No questions asked, no hassle.** I want you to save your money by eliminating your need for useless coaching and other counter-productive training material that is futile when your posture is the missing and vital piece of the puzzle.

[Click here](#) to purchase our **30-day posture repair program** guaranteed to improve your game and look after your body! **All backed by our 30-day money back guarantee.**

The legal stuff

GENERALLY EXPECTED RESULTS FROM OUR BESTGOLFPOSTURE.COM & OTHER BESTGOLFPOSTURE.COM PRODUCTS

Although our programs are intended to be fully implemented, and we work hard to ensure it's easy to do so, the typical user of virtually all education products treats them in much the same way they treat a book. The vast majority read or skim through it once, then do not implement the program or take any action based on it. The results of such education are intangible, and not measured in fat loss, muscle gain, abdominal definition, or other positive results of any kind. However, consumers who do use our programs can generally expect to see improvements towards the end of the 30-day program providing they have been consistent with performing these on a daily basis and with good form.

TESTIMONIAL DISCLAIMER

Testimonials found at BESTGOLFPOSTURE.COM are verified results that have been forwarded to us by users of the BESTGOLFPOSTURE.COM program and may not reflect the typical purchaser's experience, may not apply to the average person and are not intended to represent or guarantee that anyone will achieve the same or similar results. If we have disclosed typical results based on information provided to us by a manufacturer or other reputable third-party source, you should presume that the typical results as stated are more reliable than the testimonials and other examples found at BESTGOLFPOSTURE.COM. However, you should always perform due diligence and not take such results at face value. We are not responsible for any errors or omissions in typical results information supplied to us by manufacturers or other reputable third parties. If a product or service is new, you understand that it may not have been available for purchase long enough to provide an accurate results history. Again, it is possible that even with perfect use of the program, you will not achieve the results described in testimonials. They are meant to be a showcase of the best results the program has produced and should not be taken as the results a typical user will get.

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The website's content is not a substitute for direct, personal, professional medical care and diagnosis. None of the exercises (including products and services) mentioned at BESTGOLFPOSTURE.COM should be performed or otherwise used without clearance from your physician or health care provider. We are not medical professionals and nothing on this website should be misconstrued to mean otherwise.

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