

SWING TIPS

Posture

Start the year off right and work on the basics such as your posture. The picture on the left represents good posture with a flat spine angle. The middle picture shows “C” posture, rounded shoulders and a rounded upper spine. The right picture shows “S” posture, a distinct curvature in the lower spine. Both “C” & “S” postures cause swing issues and pain in the lower back. Get your shoulders back, bend from the waist with a slight bend in the knees and your arms hang below the shoulders.



Check out my web site for more tips, rules questions and plenty more!

Sincerely,

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