

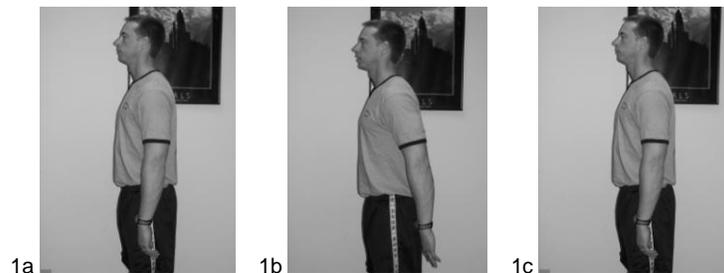
## Fairway Fitness

Dan Greaves, AFPA Certified Personal Trainer

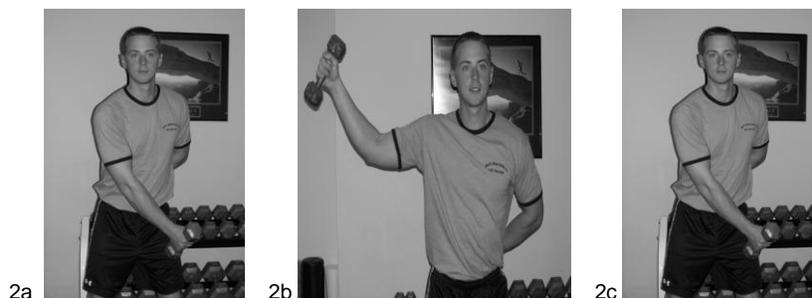
“Stop slouching!”... It’s a phrase we have all heard from our parents at some point in our lives. Poor posture and shoulder instability are two of the largest physical limitations that affect our golf swings. While playing golf poor posture and shoulder instability restrict your ability to achieve a full shoulder turn and may lead to many swing path related problems.

I’m faced with occasions where a golfer will come to me with a particular swing problem. We’ll then spend a few minutes on the driving range working on figuring out what is going on, make a few adjustments and off they go. Unfortunately for some I hear a few weeks later the dreaded phrase “I’ve lost it again!” At this point we start to look for something physically, not allowing the individual to accomplish their desired swing. When an individual is faced with this dilemma, their posture is the first thing that should be addressed. Rounded shoulders prevent your body from keeping the golf club on a proper swing path; leading to an increased number of either hooked or sliced shots.

The following exercises are designed to assist in better postural alignment of the shoulders. By focusing on the rear deltoids we can aid in helping our bodies maintain good posture and shoulder stability allowing for better swing mechanics.



**Rear Shoulder Pushback:** Start by standing with your hands down to the sides of your body with your palms facing back and your knees flexed and legs slightly apart (1a). Keeping your shoulders back and head facing forward, begin to push your hands straight back until you feel a slight contraction in your rear deltoid and hold for three seconds (1b). Keeping your arms extended and your palms facing to the rear return to the starting position (1c). Perform 2 to 3 sets with 10 to 15 repetitions.



**Standing Rear Deltoid Fly:** Using a light weight dumbbell, stand with your feet shoulder width apart and knees slightly bent (2a). Starting with the dumbbell at your center, begin to raise your hands out away from your body keeping your thumb pointing upward until you are just above shoulder height (2b). Finish by bringing your hand back down to starting position (2c). Perform 2 to 3 sets with 10 to 15 repetitions, repeating with both arms.

Dan Greaves, AFPA Certified Personal Trainer through Mark’s Fitness Studio, located in Easton’s Talbot Town, (410)770-9109. For more information on these and other golf specific exercises, or if you are interested in a golf specific conditioning program please feel free to contact me at [dgreaves@eastonclub.com](mailto:dgreaves@eastonclub.com).