

“Lower Body Activation”



In golf, power and consistency comes from the ground. The only way to access energy from the ground and transfer it to your club is by using your legs aggressively and correctly. What this looks like in a powerful swing is pictured below, where my tailbone stays connected to the foam roller from the start of my swing, all the way to impact. That’s an indication that I’m rotating and shifting correctly. If my tailbone comes off the foam roller before impact, we call that early extension.

Here’s how to fix that: First, get rid of the club and cross your arms across your chest. Using a foam roller like I have, or a chair, try to rotate to the top of your swing, then down to impact with your butt staying in tact with the chair. If you have a hard time with that, it could be a mobility issue in your hips or hamstrings. Try the stretches and movements photographed below or contact a fitness professional to improve your lower body movement!

Ryan Hager; PGA Professional

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For more at home tips from PGA Professionals, click [here](#).

In the coming days and weeks, the New Jersey PGA in collaboration with the New Jersey State Golf Association will be releasing exclusive footage from our PGA Professionals. Stay tuned for ways to stay in shape and keep your swing in prime condition!

