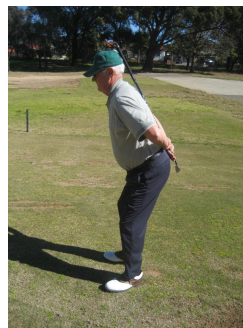


FINDING YOUR CORRECT GOLF POSTURE

Starting your golf swing with the correct posture is not only a good way to improve your golf, but it is also essential to decrease the risk of injury on the golf course, especially your lower back.

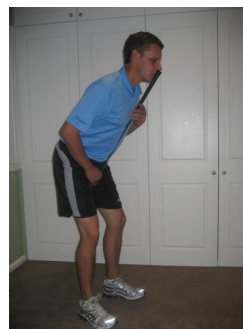
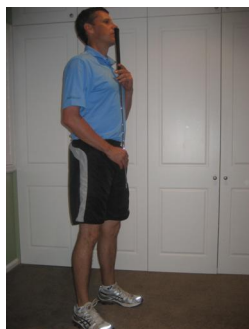
Follow these steps to find your ideal golf posture:

- *Stand tall with your lower back in a comfortable position*
- *Place a club down your spine.*
- *Keeping the relationship between your spine and the club the same, bend forward at the hips and unlock your knees.*



Alternatively:

- *Stand tall and place a club with the butt resting under your nose and your chin on the grip*
- *Bend forward at the hips, and unlock your knees.*



Practice these regularly to perfect your golf posture.