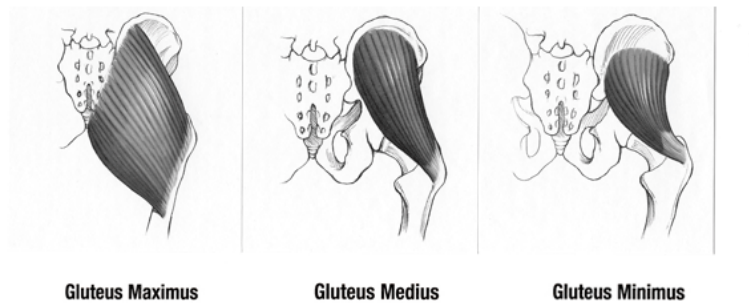


The muscular “King” of the golf swing: the glutes

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The gluteus maximus is the largest and most superficial of all the glute muscles and it is also one of the largest muscles in the body. In the golf swing, gluteus maximus is used primarily at transition to initiate the lower body lead in the downswing. Due to the size and nature of this muscle it allows us to generate enormous amounts of power from the lower body if it is strong and not inhibited. The glute max also helps us maintain our trunk position (primary spine angle) throughout the golf swing.



Glute medius and minimus are smaller muscles that are deep to gluteus maximus and are not designed for power or force production, but are designed for stability of the hip and pelvis. In the backswing, as our shoulders and upper back begin to rotate the club back, weight should be transferred to the inside of the right foot as we rotate through the trail hip. Glute med and min help to stabilize this position in the backswing to eliminate any sliding of the trail hip. If the trail hip slides out and the weight is transferred to the outside of the hip, we will lose stability, power and balance in the swing.

Benefits of strengthening the glutes

1. Improved maintenance of posture
2. Improved balance throughout the swing
3. Improved sequencing in the downswing
4. Increased power production

Glute strengthening exercises

1. Split squat
2. Squats
3. Bridges
4. Dead lifts

