

## “Pillar Strength”: 4 fundamental golf exercises

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### What is the “Pillar Strength”?

“Pillar strength” is a term that is used to describe the complete integration of your hip, torso, and shoulder stability and is the foundation of all movement (Verstegen and Williams, 2008). You can think of your “Pillar Strength” being comparable to the shaft of a golf club, very strong and elastic. The “Pillar” is the centre hub of the golf swing, we want this hub to be perfectly aligned and stable so we can draw and effectively transfer energy through the swing.

1. Verstegen, M., and Williams, P. (2008). Core Performance Golf. NY, NY: Rodale Inc.

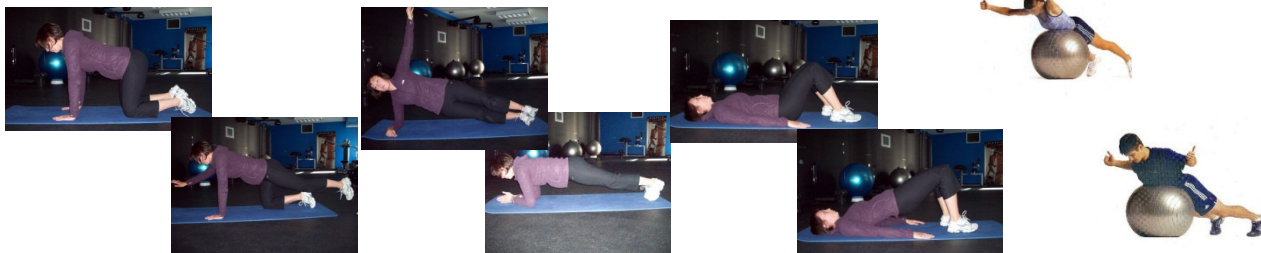
### Aligning the “Pillar”: Golf Posture

Aligning the “Pillar” requires that the shoulders torso and hips be correctly aligned to create a “perfect posture”. In the picture below, from left to right, golfer 1 is in a “c” posture golfer 2 is in a “neutral” posture and golfer 3 is in an “S” posture. Golfer 1 and golfer 3 could both have swing inconsistencies because their “pillar” is not aligned properly and therefore, the power draw and transfer in the swing could suffer. Golfer 2 is in a “neutral” spine position allowing the “pillar” to be properly aligned creating a strong, stable position to create a powerful and consistent golf swing.



### Creating “Pillar” Strength: 4 Fundamental exercises

“Pillar Strength” consists of the shoulder, torso (core), and the hip stability. The exercises below are isolated exercises that will help you “turn on” and strengthen the stabilizing muscles of the shoulders, torso and hips. Once these muscles become active and strong, we can then integrate them into more functional golf movement patterns. If you would like to learn more about stability please read the articles that are archived in the Golf Fitness Corner.



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|--------------------------------|----------------------------|---------------------------------|---|
| 1. Quadruped (torso stability) | 2. Plank (torso stability) | 3. Glute bridge (hip stability) | 4. Shoulder “Y”, “W” (shoulder stability) |
|--------------------------------|----------------------------|---------------------------------|---|

### Prepare your body for the best golf of your life

Don’t wait until the snow melts to get ready for the golf season, prepare your body now. For more information on golf fitness or to book an appointment with Shannon, visit

[www.dynamicmotiongolf.com](http://www.dynamicmotiongolf.com).

