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# **Golf Stance...And Its Physical Requirements**

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Golf stance is one of the most ignored terms and issues in the golf swing and yet the golf stance dictates the success of every golf swing you make. When golfers think of golf stance, they don't realize how hard it is to maintain over 18 holes (four and a half hours). Just take a look at the position your body is in during your set up. There are many physical issues taking place, even though it is a static position at the start.

golf,golf swing,golf trainer,golf workouts,golf exercises,golf fitness,golf lessons,golf instruction,golf tips

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Let's go over the physical requirements of the golf stance right now.

#### Bend At Hips To Address Golf Ball

To achieve this initial movement takes strength and flexibility in not only the lower back, but the hamstrings and core muscle groups. If these muscle groups are limited, you will have a very difficult time achieving this simple move.

#### Flex In The Knees

A combination of bending at the hips and knees allows you to get to the ball. The shorter the club, the more the bend at both the hips and knees. If your quadriceps are weak, you will have a very difficult time maintaining the proper knee flex therefore causing you to create in improper golf stance...resulting in mishits and lack of distance.

#### Ankle Flexion

Take a look at the ankle joint of any golfer. It is definitely bent (flexed) to accommodate the bending of the knees and hips. If your calf muscles are weak/or tight, you will find it very uncomfortable to stay down at the ball. I see so many golfers with tight calf muscles and they never even knew it.

#### Spine Extension (Erectness)

This is a BIGGY! How many times have you seen the golfer (maybe even you) in his/her golf stance with the dread 'camels back'?? This is very common among older golfers and is a KILLER in the golf swing. I could (and probably will) write a complete article on this physical limitation. But the bottom line is a rounded (weak) upper spine will dramatically hinder your ability to make a full backswing. Result: very short drives and a lot of embarrassment.

I just briefly covered just a couple of physical requirements of the golf stance, but I hope you know see the importance of addressing your physical limitations to achieve the end result.

Longer drives, lower scores and beating the pants off your golfing buddies! Pay more attention to your golf stance!

You can also find this article published on [Golf Stance...And Its Physical Requirements](#)