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Golf Swing Problem And How To Fix It

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Having a golf swing problem and not being able to correct it is the norm these days. Millions of golfers every year walk off the course in frustration. They all have a golf swing problem and have tried to fix it the "traditional way? golf, golf swing, golf trainer, golf workouts, golf exercises, golf fitness, golf lessons, golf instruction, golf tips Having a golf swing problem and not being able to correct it is the norm these days. Millions of golfers every year walk off the course in frustration. They all have a golf swing problem and have tried to fix it the "traditional way?

What I mean...is going to an instructor who can very easily point out what the golfer is doing, but cannot necessarily get to the root of the problem. So many times the instructor will tell the golfer "he's coming over the top?and that's why he's slicing the ball.

Or maybe he's got the "chicken wing?in his follow through. But what does all that mean if you can't get to what's the cause and effect of that golf swing problem?

I'm here to tell you that many golf swing problems are caused by your body's inability to perform optimal golf swing mechanics. Let me say that again. Your body is the culprit. If you don't take a look at what the 'physical?issue is, you can take all the lessons you want and you will continue to have the same golf swing problem.

Let me give you a specific example.

You have a hard time staying "in your posture?during your golf swing. You've taken many lessons and your golf instructor keeps telling you "your coming out of your swing? But what good is that if you don't know why this is happening?

I'll give you one (of many) reasons why this could be happening!

Your hamstrings (the back of your upper leg) are too tight AND weak! This is a fact with the majority of golfers, especially the senior golfers.

Golf posture requires a bending at the hips, which puts a strain on the hamstrings and low back. If your hamstrings are tight, they will send a message to your brain saying "I can't hold this, get me out of this uncomfortable position?

Does that make sense?

The other message your hamstrings might send is "I'm not strong enough to hold this position, I'm going bail out of this position?

This is a very common cause of "coming out of your golf swing?

But if you are not aware this is the cause, you will continue to take lessons and hear the same thing over and over again. You could have saved hundreds of dollars in lessons, just by stretching and strengthening your hamstrings specific to your golf posture.

This is just one of many examples of how your body is what's causing the golf swing problem.

Once you take the approach that your body dictates your ability to swing correctly, you will be on your way to the best golf of your life. You will soon not have to worry about a golf swing problem anymore.

You can also find this article published on [Golf Swing Problem And How To Fix It](#)