

### Posture - Self Check



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A good setup begins with good posture. Here is a simple 3 step self check that will help correct your posture.



Step 1



Step 2



Step 3

**STEP 1** With a 6 or 7 iron stand tall with your eyes looking straight ahead, focus your weight evenly distributed from toe to heel and hold the club down your back.

\*Allow the back of your head to rest on the shaft along with your mid and lower back and tail bone.

**STEP 2** From this position slightly flex from the knees and tilt forward from the hip joint. Make sure your head and back stay on the club. Allow the torso to tilt forward far enough where your arms would hang freely.

**STEP 3** Take the club off of your back and complete your setup. A mirror will assist in this process.