Body Fit Golf

MOVE BETTER. GOLF BETTER.

FREE GOLF PERFORMANCE GUIDE · AUCKLAND NORTH SHORE



The Body-First Approach to Pain-Free, Consistent Golf

by Shane Lyons

Why your posture, mobility and movement are the real ceiling on your game — and what happens when you finally address them.

15–20m	60 min	50+
Average distance gain	To a full diagnosis	Specialist for golfers

Commonwealth Games Athlete · CHEK Certified · HMC Movement Coach · REPS NZ Registered

As featured in The Cut Golf Magazine

THE UNCOMFORTABLE TRUTH

Your body is setting the ceiling on your golf game.

You've invested in lessons. You've had physiotherapy. You've upgraded your clubs. And yet — the back pain returns, the swing feels restricted, and somewhere on the back nine, your game quietly falls apart.

Here's what no golf coach, physio, or equipment fitting has told you: none of those investments can overcome a body that doesn't move the way the golf swing demands.

That's not a criticism. It's simply a gap in how golf performance is understood — and it's a gap that quietly destroys the games of thousands of New Zealand golfers every year.

> "*It is your body — and not the clubs — that determines what distance and in what direction the golf ball travels.*"

The golf swing is one of the most physically demanding movements in sport. In the fraction of a second it takes to strike a ball, your body generates forces equivalent to near-maximal muscular effort — and it does this 30 to 40 times every round.

For that to work consistently, your body needs three non-negotiables: **optimal posture, full mobility, and efficient movement patterns.**

When even one of those is compromised — and in most golfers over 50, all three are compromised to some degree — the result is a swing that compensates, a body that hurts, and a game that plateaus no matter how many lessons you take.

This guide explains why. And more importantly, it gives you a clear picture of what changes when you stop treating the symptom and start addressing the cause.

THE NUMBERS

37%

of amateur male golfers report back pain within the last 7 days.

Murray et al. (2017). British Journal of Sports Medicine.

28%

of all golfers deal with lower back pain after every round — from 31,000+ golfers.

Titleist Performance Institute (TPI). mytpi.com

90%

of peak muscle activity generated on every drive — same as near-maximal weight training.

Pink M, Jobe FW. (1994). The Physician and Sports Medicine.

30–40×

You generate that near-maximal effort per round. On a body most golfers have never prepared.

Batt ME. (1992). British Journal of Sports Medicine.

The gap between what your game demands of your body and what your body can currently deliver is where your handicap lives.

01

THE FOUNDATION

The Three Fundamentals of Pain-Free Golf Performance

Posture. Mobility. Optimal Movement. These aren't fitness concepts — they are the physical prerequisites of a consistent, powerful, pain-free golf swing. Without all three, every other investment in your game has a ceiling.

THE THREE FUNDAMENTALS

What your body actually needs to play good golf.

When Shane Lyons — former Commonwealth Games gymnast and CHEK-certified golf conditioning specialist — began working with golfers on Auckland's North Shore, he kept seeing the same pattern. Golfers spending thousands on lessons, physio, and equipment. Improving slightly. Then plateauing. Then regressing.

The missing variable, every time, was the body. Specifically, three physical fundamentals that the golf swing demands — and that years of a sedentary professional life quietly erodes.

1

Optimal Posture

Posture is the foundation from which every golf swing is built. If your posture is compromised at address — rounded upper back, forward head position, anteriorly tilted pelvis — your swing is fighting geometry from the first move.

Most golfers over 50 have postural adaptations from decades of desk work, driving, and repetitive asymmetric activity. These adaptations feel normal because they've been accumulating for years. But they are silently limiting your setup, your swing plane, and your ability to rotate efficiently through the ball.

2

Full Mobility

The golf swing requires extraordinary mobility across multiple planes simultaneously. Spinal rotation. Shoulder rotation. Hip mobility. Thoracic extension. Each contributes to your backswing range, your coil, your follow-through — and critically, your ability to repeat the same movement reliably, hole after hole.

When mobility is restricted in even one area, your body compensates. It borrows movement from somewhere else. Those compensations create stress in structures not designed to bear that load, produce swing faults your coach cannot fix with technique alone, and over time — they hurt.

3

Optimal Movement Patterns

Even when posture and mobility are addressed, the body needs to have learned how to move efficiently and in the correct sequence. The golf swing is a kinetic chain — power generated from the ground, transferred through the hips, the core, the shoulders and arms, to the club.

When any link in that chain is weak or misfiring, the whole chain loses power and consistency. Optimal movement is the neuromuscular coordination that allows your body to produce the swing your experience deserves — consistently, across all 18 holes, without compensating and without hurting.

02

THE BREAKDOWN

What Happens When the Fundamentals Are Missing

Most golfers live in the gap between the swing their experience should produce and the swing their body can actually deliver. Understanding that gap is the first step to closing it.

THE BREAKDOWN

Why fixing your swing doesn't fix your game.

Picture this. You book a lesson with your club professional. He identifies a fault — your backswing is too short, your hip turn is restricted, your follow-through lacks extension. He gives you a drill. You practise it. You feel the improvement on the range.

Then you play a round. By the 12th hole, the old pattern is back. Your swing reverts. Your back tightens. You walk off the 18th frustrated — not because you didn't practise hard enough, but because your body literally cannot sustain the position your coach showed you. The restriction is still there. The lesson treated the symptom. The cause remains.

> "*Poor posture is 100% caused by movement restrictions that have accumulated over time. And poor posture produces poor swing mechanics. The swing isn't the problem. The body is.*"
>
> **— Shane Lyons, CHEK Exercise Coach, Body Fit Golf**

This is the cycle that traps golfers. Physio provides temporary pain relief — but treats the location of pain, not the movement restriction causing it. Lessons improve technique — but technique has a hard limit when the body can't execute it. Equipment improves contact slightly — but can't compensate for a body that's rotating inconsistently.

WHEN THE THREE FUNDAMENTALS BREAK DOWN

What you actually experience.

Restricted spinal rotation

Short backswing, limited coil, loss of distance. Hips over-compensate creating lateral sway and inconsistency.

Poor thoracic mobility

Disrupted swing plane. Fat shots, thin shots, directional inconsistency — and shoulder injury over time.

Compromised posture

Incorrect setup your coach can't fully fix, because it originates in how your body holds itself.

Weak core integration

Lateral sway through impact. Loss of power. Lower back pain that worsens across the round.

Shoulder rotation restriction

Backswing curtailed. Follow-through restricted. Compensation through the lower back increases injury risk.

Hip mobility restriction

Inability to create the coil-and-release that generates distance. The swing becomes an arm swing.

None of these are an inevitable consequence of age. They are a consequence of movement patterns — patterns that can be identified, measured, and corrected. At any age.

THE DIFFERENCE

Two approaches. One clear winner.

✗ THE OLD APPROACH	✓ THE BODY-FIRST APPROACH
✗ More lessons — same restrictions	✓ Identify the exact restriction
✗ Physio — temporary pain relief	✓ Address root cause — not symptom
✗ New clubs — marginal gains	✓ Correct specific movement patterns
✗ YouTube stretches — no structure	✓ Measure progress — no guesswork
✗ "It's just age" — give up	✓ Play golf your experience deserves

03

THE EVIDENCE

What Changes When You Address the Root Cause

Less pain. More distance. A lower handicap. Golfers who've been through the Body Fit Golf programme don't just feel better — they have the results to show it.

REAL RESULTS

What clients say — and what the numbers show.

The methodology is evidence-based, the assessments are measurable, and the results are documented. Here's what happens when you stop chasing symptoms and address root-cause movement restrictions.

AS FEATURED IN THE CUT GOLF MAGAZINE

★★★★★

"*After 12 weeks — completing the programme with only three rounds of actual golf practice — I was hugely impressed. My 7-iron average increased from 123m to 134m, with average clubhead speed rising from 129.2km/h to 136km/h.*"

Robert Tighe

Journalist, The Cut Golf Magazine · Three-page editorial feature

★★★★★

"*It added ten to fifteen metres to my game. I used to get a sore back after practising — it definitely helped with that too. I was able to get into positions with my swing a lot easier than I used to.*"

Paul Buchanan

Takapuna Golf Club · Handicap: 2 → Scratch after completing the programme

REAL RESULTS

More results from the programme.

★★★★★

"*My game has improved without a doubt. My back pain is much more manageable, I'm driving further than ever before and my handicap has reduced.*"

Nico Wamsteker

NZPGA AAA Rated Member

★★★★★

"*His golf handicap was reduced from 22 to 14 — and he competed against 240 golfers at Redwood Park Golf Club to win the Shamrock Cup in the annual members-only tournament.*"

Angus Smith

Mairangi Bay · Handicap 22 → 14 · Shamrock Cup winner

PROFESSIONAL ENDORSEMENT — NZPGA AAA RATED

"*He has a sound knowledge of the core areas which need to be improved in the golf swing. It was very refreshing to cross paths with an instructor of his ability and passion. I have no hesitation in writing this testimonial.*"

Bryce Mawhinney

Professional Golf Coach · NZPGA AAA Rated Member

ABOUT YOUR SPECIALIST

Shane Lyons — the specialist who bridges movement and golf.

Shane Lyons is a former Commonwealth Games gymnast who represented New Zealand at the 1997 World Championships and the 1998 Commonwealth Games. At the international level, performance is built on exactly three things: posture, mobility, and movement efficiency. The same three fundamentals that define great golf.

After retiring from gymnastics, Shane was repeatedly asked by personal training clients to help with their golf game. What he discovered through systematic, evidence-based testing was a revelation: identify and correct a golfer's movement restrictions, and the improvement in swing mechanics is immediate and measurable. Distance. Consistency. Pain-free play. All three move together.

That discovery became Body Fit Golf — Auckland's only specialist practice combining C.H.E.K. Institute biomechanics, HMC movement coaching, and golf-specific conditioning in a single diagnostic service.

Credentials: CHEK Exercise Coach · HMC Movement Coach · REPS NZ Registered · Commonwealth Games Athlete, Gymnastics 1998 · As featured in *The Cut* Golf Magazine

THE STARTING POINT

The Golf Biomechanics Assessment.

The starting point for every client is a 60-minute Golf Biomechanics Assessment. Using CHEK methodology and HMC movement analysis, Shane produces a complete, measurable movement profile — identifying the exact restrictions affecting your swing mechanics and causing pain.

Not guesswork. Not generic advice. A precise, evidence-based diagnostic.

Most clients describe it as the most useful single investment they've made in their game. Because for the first time, they understand exactly why their body is holding their game back — and they have a clear, specific plan to fix it.

> "*The assessment gave me a precise picture of what was wrong. Not a guess. Not a vague suggestion. An exact movement profile — and a plan.*"

The assessment is a standalone investment. There is no obligation to continue. Most clients choose to proceed to the 4–6 week Corrective Exercise Programme because the assessment results make a compelling case for it — but that decision is entirely theirs.

Ready to find out what's really holding your game back?

Book your Golf Biomechanics Assessment — a 60-minute diagnostic session on Auckland's North Shore. No ongoing commitment required.

Book Your Golf Biomechanics Assessment →

Call Shane directly: 027 660 4623

shane@bodyfitgolf.co.nz

body-fit.co.nz/golf

32 Brigantine Drive, Beach Haven, Auckland

Body Fit Golf

MOVE BETTER. GOLF BETTER.

027 660 4623

shane@bodyfitgolf.co.nz

www.body-fit.co.nz/golf

32 Brigantine Drive, Beach Haven, Auckland 0626

Commonwealth Games Athlete

CHEK Certified

HMC Movement Coach

REPS NZ Registered

© 2026 Body Fit Golf. All rights reserved.