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Sunday, April 28, 2024

[Club website](#) | tpcriversbend.greensidegolfer.com | **Tel:** 513 677 0550



The gifts we offer you



THE SATISFACTION
of clean ball striking.



There's a reason iron shots hit cleanly from over 150 yards out, that land on the green, are so satisfying. How often do you experience that joy? With the right setup, you can feel the satisfaction of a cleanly struck iron shot more often.

[Book an assessment >](#)

ARE YOUR SHAFTS THE RIGHT LENGTH FOR YOU?

The wrong shaft length has an impact on your lie angle, posture, and ability to swing on plane. Those are problems we can solve with a fitting.



Static measurements are an indicator, but they can change depending on your action. So a swing assessment is the best way to know for sure what shaft length is right for you.

No one-size-fits-all

You and your swing are unique, so things like lie angle, loft, shaft length, and weight need to be adjusted to match your game. A fitting will help you strike the ball cleaner, more often.

Improve distance this winter

A STRONG CORE
makes you MORE CONSISTENT.



Just because you play less golf in winter doesn't mean you can't work on your game. Let's use this time to work on distance.

A stable core makes your movement patterns more efficient and consistent. For golf, it will help you swing on plane, giving you added confidence and consistency on every shot.



MAKE IT EASIER TO REPEAT YOUR BEST SWING

Strong upper legs and core help to stabilize your rotation. Glute bridges are a great way to build strength here.

Lying on your back with your feet planted hip-distance apart, push your hips up from the ground and hold for 15 seconds.



If you're unsure how to perform this exercise, please ask a fitness professional. They could also show you progressions if you want more of a challenge.



A stronger butt for a better swing.

Glute bridges are a good start, but to really zone in and boost glute strength, try these exercises as well.

[Learn more >](#)

Add distance to your game and better movement to your life

Strengthening your core can help you add more yards on the course, and improve your overall quality of life.

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