GOLF PERFORMANCE & BALANCE TRAINING

BETTER BALANCE. BETTER CONTROL. MORE CONFIDENT GOLF.



ASSESS Establish a baseline	TRAIN Build balance control	MEASURE Review progress

A practical golf balance program using Korebalance assessment and training technology.

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1. BALANCE AND THE GOLF SWING

A golf swing requires the player to manage posture while rotating and shifting pressure between the feet. Balance is one part of the performance equation, alongside mobility, strength, coordination, sound technique, and coaching.

Five balance-related capabilities

CAPABILITY	WHAT IT MEANS	GOLF CONNECTION
Static balance	Maintaining a steady position with minimal unwanted movement.	A comfortable, repeatable setup position.
Dynamic balance	Controlling the body while it is moving.	Managing movement through the swing and finish.
Weight transfer	Shifting pressure and body mass between the feet with control.	Coordinating trail-side loading and lead-side movement.
Proprioception	Sensing body position and movement.	Awareness of stance, joint position, and motion.
Coordination	Organizing body segments into a smooth action.	Coordinating lower body, trunk, arms, and club.

Key principle: the objective is not to eliminate movement during the golf swing. It is to control the movement required by the swing and finish in a balanced, repeatable position.

Swing checkpoints

ADDRESS	BACKSWING	TRANSITION	FINISH
Comfortable stance and posture.	Controlled loading and rotation.	Smooth shift without loss of control.	Stable, comfortable finish position.





2. KOREBALANCE : ESTABLISH A BASELINE

Use the Korebalance system according to its operating instructions and assessment protocol. Record the golfer's initial results so later sessions can be compared under consistent conditions.

Suggested assessment domains

- Static balance performance
- Weight distribution, where available
- Center-of-pressure measures, where available
- Dynamic balance tasks supported by the system
- Repeatability across sessions



Keep conditions consistent

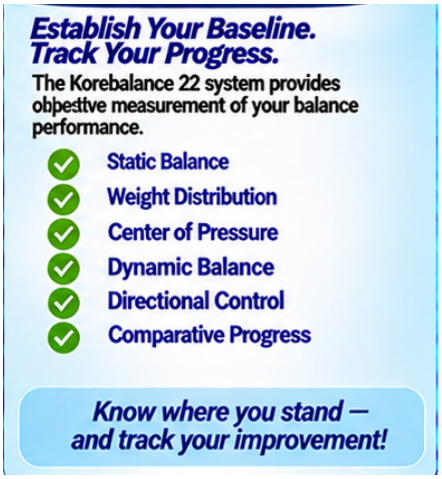
Use the same test setup, stance, duration, footwear, and instructions when repeating a measure, wherever the device protocol permits.

Interpretation

Use the Korebalance software output and manufacturer guidance for the measures provided. Do not assume that every measure listed here is available in every configuration.

RECORD	BASELINE	WEEK 3	WEEK 6
Static balance			
Weight distribution (if available)			
COP / sway measure (if available)			
Dynamic task result (if available)			
Golfer comments / confidence			

Assessment safety: supervise as appropriate, use stable support nearby when needed, and select tests suitable for the golfer's ability. Do not add challenging eyes-closed, single-leg, or unstable-surface tasks unless they are appropriate and included in a suitable protocol.



3. SIX-WEEK PROGRESSIVE TRAINING PLAN

Suggested schedule: 2–3 sessions per week, approximately 20–30 minutes per session. Begin at a level the golfer can control and progress one variable at a time.

PHASE	TRAINING FOCUS	KOREBALANCE EMPHASIS	GOLF APPLICATION
Weeks 1–2 Foundation	Postural awareness and basic control.	Introductory static tasks and simple weight shifts supported by the system.	Comfortable address posture; controlled stance holds.
Weeks 3–4 Dynamic stability	Control while shifting and moving.	Appropriate dynamic tasks and directional challenges available on the Premiere configuration.	Slow trail-to-lead transfer; controlled trunk rotation.
Weeks 5–6 Golf integration	Apply balance control to golf movement.	Individualized challenge and repeat selected baseline measures.	Slow practice swings; balanced finish position.

Sample 25-minute session

WARM-UP	3–5 minutes of comfortable walking and gentle mobility.
KOREBALANCE	8–12 minutes using the appropriate assessment or training protocol.
GOLF DRILLS	8–10 minutes of stance, rotation, or weight-transfer practice.
REVIEW	Record effort, confidence, symptoms, and the next progression.

Progression rule: increase challenge only when the golfer demonstrates consistent control and can complete the task without pain, dizziness, or unsafe loss of balance.





4. GOLF-SPECIFIC BALANCE EXERCISES

These drills complement Korebalance sessions. Perform on a stable, nonslip surface unless a qualified professional has specifically prescribed another setup. Move slowly and stay within a comfortable range.

EXERCISE	STARTING DOSE	COACHING CUE
Golf stance hold	2–3 holds of 15–30 seconds	Maintain a comfortable athletic posture and breathe normally.
Lateral weight shift	2 sets of 8–10 each way	Shift smoothly without collapsing the trunk or lifting the feet.
Single-leg balance	2–3 holds of 10–20 seconds per side	Stand beside stable support; use fingertip support as needed.
Trunk rotation	2 sets of 8 each direction	Rotate comfortably while keeping the feet grounded.
Trail-to-lead transfer	2 sets of 8 slow repetitions	Practice a smooth shift; do not force range or speed.
Finish-position hold	2–3 holds of 10–20 seconds	Finish in a comfortable, balanced position.

A simple practice sequence

1. Rehearse the movement without a ball at half speed. **2.** Pause at a comfortable finish and check stability. **3.** Repeat with a club, prioritizing control rather than speed. **4.** Progress to normal practice only when the movement remains comfortable and consistent.

Modify or omit any drill that causes pain, dizziness, unusual shortness of breath, or a feeling of instability. Seek appropriate clinical guidance when health or mobility concerns warrant it.



5. MEASURE PROGRESS AND TRANSFER TO THE COURSE

Repeat selected baseline assessments after six weeks using the same device protocol and test conditions wherever possible. Review device results alongside observations from golf practice; keep these as separate but complementary sources of information.

Questions for the six-week review

- Which balance measures changed, and by how much?
- Was the same test protocol used at each assessment?
- Which exercises were completed consistently?
- Did the golfer report a change in comfort, confidence, or control?
- Did a golf professional observe a change in swing movement?

On-course movement checkpoints

SETUP	BACKSWING	TRANSITION	FINISH
Comfortable and repeatable stance.	Controlled rotation and loading.	Smooth weight shift without loss of posture.	Balanced, comfortable finish.

KOREBALANCE

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Important program note: This guide is educational and is not medical advice or a substitute for individualized clinical assessment, rehabilitation, or golf instruction. Korebalance features and test measures depend on the specific model, software, and configuration. Follow the applicable product manual and approved protocols. Balance improvements do not automatically establish improvements in handicap, clubhead speed, driving distance, swing mechanics, fall risk, or injury risk; those outcomes require separate evaluation. No specific result is promised.

The product photograph and Korebalance Premiere wordmark on the cover and assessment page are taken from the image supplied for this guide. Exercise illustrations and golf movement descriptions are instructional, not photographs of the device in use.



