



NEW High-Performance Undershirt Can Improve Your Golf Game

Correct posture and a strong core play a vital role in golf. The **CORE PRECISION UNDERSHIRT** can assist golfers at any level by providing essential bio-mechanical support for peak performance from the course to the range. Proprietary **Helix-Mapping** design builds-in physiotherapy taping techniques to **enhance core stability, support posture, improve body mechanics and reduce fatigue**. Ventilated, compression fabric fits like a second skin, delivering effective support while maximising movement. Durable polyester/spandex/lycra blend manages moisture and odor, keeping you dry and fresh from start to finish. The ultimate performance-enhancing undershirt designed to up your golf game, starting with the core.



The Core Precision Undershirt, from \$89-\$129 USD, is available for purchase at Saks Fifth Avenue, Holt Renfrew Canada, Selfridges UK and www.equmen.com



BIO-MECHANICAL TESTING SUMMARY – JUNE 2009, BURHILL GOLF CLUB, SURREY, UK

In a quantitative test with 4 golfers, ranging in ability, the bio-mechanical effects of wearing an Equemen garment were measured. In summary, golfers that wore Equemen compared to no performance undergarments showed improvements in golf set up posture (spine angle), backswing stability (head lift, hip sway etc..) and an increase in body speed during the downswing. In addition, they demonstrated an ability to maintain form throughout the round, thereby indicating support against fatigue.

**Full test report available upon request*

REAL WEARER REVIEWS

Mark Bull

Bio-mechanics, Golf Pro

As a coach, golfer and a keen sportsman, Equemen provided me with an instant sense of support and control through my upper torso. It encouraged me to find neutral spine at set up and supplied a sense of stability throughout my core and shoulders. I would definitely recommend it to anybody who is serious about improving their performance or who has encountered injuries in the past.

Damian Taylor

European Tour Coach

My Equemen Core Precision Undershirt gives me the best possible stabilizing support on the market, which is essential in getting my players to perform at their highest. Not only does this garment provide essential support in the all important core areas, it is also the most comfortable garment available and can be worn in all climates. I never step foot on the course without it and neither should you!

Nick Flynn, Handicap +1

Originally when I tried the Equemen garment I thought it would be similar to other compression garments that I wear regularly. However I could immediately feel the difference. I played 18 holes wearing Equemen garment and felt that it really helped support my posture and stability around the core area.

John Clarke, Handicap 13

I am never going on the course without this shirt again!

Golf Today.co.uk

Forgetting the aesthetic qualities, what I actually was interested in (honestly) was the claims about the improvements that these garments offered in areas of improved posture and improving core stability. Now for golfers these are the sort of sound bites we hear from coaches, "stability" "rotate through an axis" "solid base" and so on, therefore anything that offers any assistance in this area can only be a plus.

So how does it perform out on the course?

Well I have to say, I'm impressed! Aside from a couple of people asking if I'd lost weight I did like how the shirt gives a "compact" kind of feeling. It's rather like feeling very slightly compressed around the torso producing the "solid" feel I alluded to earlier. This translates to added confidence and a more centered awareness. When you rotate through the swing there is a definite "core stability" improvement. It might be all psychological, and it's quite hard to define, but if you feel the part, you may well play the part and golf after all is 90% in the mind.