

Tired of Chunking the Ball?

FAT SHOTS?



The Hidden Swing Flaws Causing Your Fat Shots

(And How to Fix Them Fast)

Stop Chunking the Ball, Strike It Clean, and Gain Consistency

The Golf Swing Lab

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Introduction

If you've ever hit a fat shot in golf... you already know how frustrating it is.

That moment when your club slams into the ground behind the ball...

You feel the resistance... the shot goes nowhere... and your confidence takes a hit.

You lose distance.

You lose accuracy.

And worst of all...

👉 It keeps happening... over and over again.

Most golfers assume the problem is something simple:

"I just need more practice..."

"Maybe I lifted my head..."

"It must be my clubs..."

✗ But here's the truth...

Fat shots are NOT random mistakes.

They are caused by hidden swing flaws — small, overlooked issues in your mechanics that quietly ruin your ball contact.

And the dangerous part?

👉 You can keep practicing for months... even years... and never fix them.

Because until you identify the real cause...

👉 You will keep chunking the ball.

Inside this guide, you're going to uncover:

- ✓ The real reasons you're hitting fat shots
- ✓ Why most "quick fixes" actually make things worse
- ✓ Simple, proven adjustments you can apply immediately
- ✓ How to start striking the ball clean — consistently

If you're tired of inconsistent shots...
If you're tired of losing distance...
If you're tired of guessing what's wrong...

👉 You're about to finally get the answers.

Before you can fix fat shots...
you need to understand what's actually happening.

A fat shot occurs when your club strikes the ground before it makes contact with the golf ball.

Instead of clean, crisp contact...

- 👉 The club digs into the turf first
- 👉 Energy is lost before reaching the ball
- 👉 The shot comes out weak, short, and inconsistent

🎯 What It Looks Like

You'll usually notice:

A chunk of turf flying before the ball
The ball traveling much shorter than expected
A heavy, "thud" feeling at impact
Inconsistent distance control

⚠️ Why Fat Shots Kill Your Game

Fat shots don't just look bad...

They destroy your performance:

- ❌ Loss of distance
- ❌ Poor ball flight
- ❌ Inconsistent contact
- ❌ Lack of confidence over the ball

And once it starts happening...

👉 It can quickly spiral into a pattern.

🧠 Here's What Most Golfers Get Wrong

Most players think a fat shot is the main problem.

It's not.

👉 It's just the result.

The real issue is happening earlier in your swing — long before the club ever reaches the ball.

That's why:

Random tips don't work

Practice alone doesn't fix it

And frustration keeps building

🔑 The Key Concept You Must Understand

Your golf swing has a lowest point (called the low point of the swing arc).

For clean contact:

👉 The club must hit the ball first

👉 Then strike the ground after

💥 What Causes a Fat Shot

When you hit a fat shot:

👉 Your swing's low point is happening too early

👉 The club bottoms out behind the ball

✅ What You Should Be Doing Instead

To strike the ball clean:

✓ Ball first

✓ Then turf

✓ Forward low point

✓ Solid compression

🚀 What's Coming Next

Now that you understand what a fat shot really is...

👉 It's time to uncover the hidden swing flaws that cause it.

Because once you fix THESE...

👉 Clean, consistent ball striking becomes automatic.

Flaw #1 Poor Weight Transfer

One of the most common (and most damaging) causes of fat shots...

👉 Poor weight transfer during your swing

⚠️ What Most Golfers Do Wrong

Many golfers make this mistake without even realizing it:

They stay stuck on their back foot
Their weight never shifts forward
They “hang back” through impact

At first, it might feel controlled...

But in reality?

👉 It completely ruins your ball contact.

💥 Why This Causes Fat Shots

When your weight stays back:

👉 The bottom of your swing (low point) shifts behind the ball

That means:

The club hits the ground first
Then the ball (if at all)
Resulting in a fat, heavy shot

🧠 The Key Insight

Your body controls your swing position.

If your weight is in the wrong place...

👉 Your club will be too.

🎯 What Should Happen Instead

At impact, your weight should be moving forward, not backward.

👉 About 70–80% of your weight should be on your front foot

This naturally:

- ✓ Moves your low point forward
- ✓ Helps you hit ball first
- ✓ Creates clean, crisp contact

✓ Simple Fix You Can Apply Immediately

Try this:

Set up normally to the ball

On your downswing, feel your weight shift to your lead foot

At impact, your chest and hips should be slightly ahead of the ball

👉 Think: “Pressure forward through impact”

🏏 Quick Drill (Instant Improvement)

The Step-Through Drill:

Start your swing normally

As you begin your downswing...

👉 Step slightly toward the target with your front foot

This forces:

- ✓ Proper weight shift
- ✓ Better balance
- ✓ Forward low point

⚠ Warning

If you don't fix this...

You can practice for hours and STILL hit fat shots.

Because no matter how good your swing looks...

👉 Bad weight transfer = bad contact.

What's Next

Now that you've fixed one of the biggest causes...

👉 Let's move to the next hidden flaw:

Low point control — the real secret behind consistent ball striking.

Flaw #2 Poor Low Point Control

If there's ONE concept that separates inconsistent golfers from great ball strikers...

👉 It's low point control.

What Is the Low Point?

Every golf swing has a lowest point — the bottom of the arc where the club reaches its lowest position.

For clean contact:

👉 The club must hit the ball first

👉 Then strike the ground after

What Most Golfers Do Wrong

Most players unknowingly:

Let the low point happen behind the ball

Strike the ground too early

Lose all power before impact

👉 Result: fat shots... again and again.

Why This Causes Fat Shots

When your low point is behind the ball:

The club bottoms out too soon

It hits the ground first

The ball gets in the way of a weak, slowed-down club

👉 That's why your shots feel heavy and go nowhere.

🔑 The Key Shift You Need to Make

Stop trying to “help” the ball into the air.

Instead...

👉 Focus on hitting down and through the ball

Yes — DOWN.

That’s how you create:

- ✓ Clean contact
- ✓ Compression
- ✓ Consistent distance

✓ Simple Fix You Can Apply Immediately

Change your focus:

- ✗ Don’t think: “Lift the ball”
- ✓ Think: “Ball first, then turf”

A great checkpoint:

👉 You should see a divot AFTER the ball, not before it.

🏌️ Quick Drill (Game-Changer)

The Towel Drill:

Place a small towel or object about 2–3 inches behind the ball
Take your normal swing

👉 Your goal: Miss the towel completely and strike the ball clean

This trains:

- ✓ Forward low point
- ✓ Proper strike sequence
- ✓ Immediate feedback

⚠️ Big Mistake to Avoid

Most golfers try to fix fat shots by swinging harder...

👉 That actually makes it worse.

Because power doesn't fix position.

👉 Low point control fixes position.

🚀 What's Next

Now that you understand where the club should bottom out...

👉 Let's fix another major cause of fat shots:

Releasing the club too early (also known as casting).

Flaw #3 – Early Release

Another major reason you keep hitting fat shots...

👉 Releasing the club too early in your downswing

This is often called "casting."

⚠️ What Is Early Release?

Early release happens when:

Your wrists unhinge too soon

The clubhead passes your hands before impact

You lose control of the club's position

👉 It might feel powerful... but it's actually the opposite.

💥 Why This Causes Fat Shots

When you release the club early:

The club reaches the ground too soon

The low point shifts behind the ball

You lose compression and control

👉 Result: fat shots, weak contact, and inconsistent strikes.

🧠 The Hidden Problem

Most golfers don't even realize they're doing this.

Why?

Because it often feels like you're "helping" the ball into the air.

👉 But in reality... you're destroying your swing sequence.

🔑 What Should Happen Instead

At impact:

👉 Your hands should be slightly ahead of the clubhead

This creates:

- ✓ Forward shaft lean
- ✓ Proper compression
- ✓ Clean, ball-first contact

✅ Simple Fix You Can Apply Immediately

Focus on this one feel:

👉 "Hands lead, club follows"

At impact:

Hands ahead

Club trailing

Ball compressed against the clubface

🏌️ Quick Drill (Power + Contact Fix)

The Pump Drill:

Start your downswing slowly

Stop halfway down (club still behind your hands)

Repeat this motion 2–3 times

Then swing through

👉 This trains:

- ✓ Proper lag

- ✓ Correct release timing
- ✓ Better ball-first contact

⚠ Big Warning

If you release early...

👉 You will NEVER get consistent ball striking.

No matter how much you practice.

Because timing alone won't fix it.

👉 Sequence fixes it.

🚀 What's Next

Now that you've fixed your release...

👉 Let's go to a flaw most golfers completely ignore:

Your setup posture (this can ruin your swing before it even starts).

Flaw #4 Poor Posture at Setup

Before you even start your swing...

👉 Your posture is already determining whether you'll hit the ball clean — or hit it fat.

⚠ What Most Golfers Do Wrong

Bad posture is extremely common, and it leads to inconsistent contact every time.

Here are the biggest mistakes:

Standing too upright

Bending from the back instead of the hips

Too much knee bend

Rounded shoulders

Arms too tight or forced

It might not seem like a big deal...

👉 But it completely affects how your club moves through the ball.

💥 Why This Causes Fat Shots

Your posture controls your swing path and low point.

When your setup is off:

👉 Your body compensates during the swing

This leads to:

Poor balance
Inconsistent low point
Early ground contact

👉 Result: fat shots.

🧠 The Key Insight

If your setup is wrong...

👉 Your swing has to “fix it” on the way down.

And most of the time...

👉 It can't.

🔑 What Proper Posture Looks Like

At address, you want a balanced, athletic position:

- ✓ Slight bend from your hips (not your back)
- ✓ Neutral spine (not rounded)
- ✓ Slight knee flex (not too much)
- ✓ Arms hanging naturally under your shoulders
- ✓ Weight balanced evenly between both feet

✅ Simple Fix You Can Apply Immediately

Use this quick checklist before every shot:

👉 Posture Check Routine:

Stand tall

Bend forward from your hips
Let your arms hang naturally
Add a slight knee bend
Feel balanced and relaxed

👉 That's it.

🏏 Quick Drill (Instant Setup Fix)

Mirror or Camera Check:

Stand in front of a mirror (or record yourself)
Set up to the ball
Check your spine angle and posture

👉 You'll instantly see what needs fixing.

⚠️ Big Mistake to Avoid

Don't try to "force" a perfect position.

👉 Tension kills your swing.

You want to feel:

- ✓ Relaxed
- ✓ Balanced
- ✓ Athletic

🚀 What's Next

Now that your setup is solid...

👉 Let's fix the final hidden flaw that ties everything together:

Your swing sequence (this is where consistency is built or lost).

Flaw #5 Poor Swing Sequence

You can have good posture...
You can understand low point...
You can even fix your weight transfer...

But if your sequence is off...

👉 You'll still hit fat shots.

⚠️ What Is Swing Sequence?

Your golf swing is not one motion.

👉 It's a chain reaction.

Everything must happen in the correct order:

Lower body → torso → arms → club

💥 What Most Golfers Do Wrong

Most players start the downswing with:

- ❌ Their arms
- ❌ Their hands
- ❌ The club

Instead of:

- ✓ Their lower body

🧠 Why This Causes Fat Shots

When your sequence is off:

Your timing breaks down

Your low point becomes inconsistent

Your body gets out of position

👉 Result: fat shots, thin shots, and zero consistency.

🔑 The Key Insight

Your body should lead the swing...

👉 Not your hands.

When the lower body starts first:

- ✓ Everything falls into place

- ✓ The club drops into the right position
- ✓ Contact becomes more consistent

✓ Simple Fix You Can Apply Immediately

Focus on this one thought:

👉 “Start the downswing with your hips”

Feel like:

Your hips rotate toward the target

Your upper body follows

Your arms and club come last

🏏 Quick Drill (Sequence Builder)

The Pause Drill:

Take your backswing

Pause at the top for 1–2 seconds

Start your downswing with your hips

Let everything else follow

👉 This builds:

- ✓ Proper timing
- ✓ Better sequencing
- ✓ More consistent contact

⚠ Big Warning

If your sequence is off...

👉 You'll constantly try to “fix” your swing mid-motion.

And that leads to:

- ✗ Inconsistency
- ✗ Poor contact
- ✗ Frustration

🚀 The Big Picture

Let's quickly recap what you've learned:

- ✓ Weight transfer controls your low point
- ✓ Low point determines ball contact
- ✓ Early release ruins timing and position
- ✓ Posture sets up your entire swing
- ✓ Sequence ties everything together

🔥 What This Means for You

Fix these 5 hidden flaws...

👉 And you eliminate the ROOT causes of fat shots.

Not just the symptoms.

🚀 What's Next

Now that you understand the real causes...

👉 Let's talk about why most golfers NEVER fix this — and how you can avoid that trap.

Why Most Golfers Never Fix Fat Shots

By now, you understand the real causes of fat shots.

So here's the question...

👉 Why do most golfers still struggle with them for years?

⚠️ The Harsh Truth

It's not because they lack effort.

It's because they lack direction.

🧠 What Most Golfers Do Instead

They:

Watch random YouTube tips
Try different swing thoughts every round
Jump from one fix to another
Practice without a clear plan

At first, it feels like progress...

But over time?

👉 It leads to confusion, inconsistency, and frustration.

💥 Why This Approach Fails

Because every swing flaw is connected.

You can't fix:

Weight transfer... without understanding sequence

Low point... without fixing posture

Contact... without fixing your release

👉 It's all connected.

🔑 The Real Problem

Most golfers are trying to fix symptoms instead of root causes.

They focus on:

❌ "Don't hit it fat"

❌ "Keep your head down"

❌ "Swing smoother"

Instead of fixing:

✓ The mechanics behind the mistake

✓ The structure of their swing

✓ The sequence of movement

💣 What Happens If You Don't Fix This

If you keep guessing...

👉 You'll keep repeating the same mistakes.

That means:

Continued inconsistent shots

Lost distance and control

Frustration every time you play

Wasted time and money on things that don't work

💡 The Reality Most Golfers Face

Many golfers spend:

💰 Hundreds... even thousands of dollars on lessons

🕒 Years trying to fix their swing

😞 Endless frustration with no real progress

And still...

👉 They keep hitting fat shots.

✅ The Only Way to Fix It

To truly eliminate fat shots...

👉 You need a structured system

Something that shows you:

✓ What to fix

✓ How to fix it

✓ When to apply it

✓ How it all connects together

🚀 What This Means for You

You now have an advantage most golfers don't.

You understand:

👉 The real causes behind fat shots

👉 The mistakes that are holding you back

👉 The fixes that actually work

🔥 But There's One Problem...

Knowing what to do...

Is NOT the same as doing it consistently.

🚀 What's Next

Let's take what you've learned...

👉 And turn it into a complete system you can follow step-by-step.

Fix Your Fat Shots Faster

You now know the truth.

Fat shots aren't random.

They're not bad luck.

And they're not something you just "play through."

👉 They are caused by specific swing flaws.

And now...

👉 You know exactly what those flaws are.

🧠 But Here's The Reality...

Understanding the problem is only the first step.

Because when you're on the course...

👉 Everything happens fast.

There's no time to think through:

Weight transfer

Low point control

Swing sequence

Release timing

⚠️ This Is Where Most Golfers Fail

They know what to fix...

But they don't have a system to apply it consistently.

So they fall back into old habits.

👉 And the fat shots come right back.

🚀 If You Want to Fix This for Good...

You need more than tips.

👉 You need a complete, step-by-step system you can follow.

🎯 Introducing: The Golf Swing Lab

Inside The Golf Swing Lab, you'll get access to:

Module 1: The Foundation of a Powerful, Accurate Golf Swing

Module 2: The Secrets To Mastering Golf Swing Accuracy

Module 3: How to Enhance Golf Swing Consistency For More Accurate Shots

Module 4: The Boost Ball Control Method

Module 5: The 8 Fundamentals You Must Follow to Avoid Critical Golf Swing Mistakes

Module 6: The Secret 5-Step System That Develops Perfect Golf Swing Tempo

Module 7: 5 Secret Exercises That Increase Strength and Flexibility

Module 8: 7 Secret Ways to Improve Posture and Alignment

Module 9: Easy Techniques to Improve Your Mental Approach For A More Powerful Golf Swing

Module 10: How to Lower Your Handicap and Improve Your Golf Swing 300%

Normally, a complete swing training system like this could easily cost:

👉 \$97... \$147... even \$297+

In fact, we could comfortably charge \$67 for this and it would still be a great deal.

But today... you won't pay anywhere near that.

⚡ Because You Took Action Today...

As a reader of:

"The Hidden Swing Flaws Causing Your Fat Shots (And How to Fix Them Fast)"

👉 You qualify for an exclusive \$10 discount

🎯 That Means You Can Get Started Today For Just:

👉 \$27 (One-Time Payment)

🚀 What You Get

- ✓ Lifetime access to The Golf Swing Lab
- ✓ Step-by-step swing system
- ✓ Drills to eliminate fat shots fast
- ✓ A repeatable, consistent golf swing

⚠️ This Isn't Going to Last

This special pricing is only available to new readers.

Once you leave this page...

👉 This offer may not be available again.

🔥 Take Action Now

👉 [Unlock The Golf Swing Lab for Just \$27]

👉 Click below and get instant access to The Golf Swing Lab

<https://ultimategolfmasterypro.com/the-golf-swing-lab/>

Start fixing your swing today...

Before these mistakes cost you another round.

👉 Get Instant Access Now for Only \$27

⚠️ Final Warning

You have two choices:

👉 Keep guessing... and keep hitting fat shots

OR

👉 Follow a proven system and finally fix it

👉 The decision is yours.