The purpose of this study is to determine if increased trunk lean muscle mass effects clubhead speed (CHS) in recreational golfers. CHS is a crucial factor that translates into the distance of any shot. Factors that can affect CHS include but are not limited to flexibility, technique, skill level, and strength. These three factors increase the mechanical soundness of the golf swing. By increasing strength, athletes are more likely to have more control of the club throughout the swing. Trunk muscle activity has been observed through all phases of the swing. Hence, increasing trunk muscularity could result in increased CHS.