

# Get Started

FitGolf Performance Centers offer the complete golf, health and fitness training program. The Program is designed to make you *feel better and play better Golf*.

## 5 Easy Steps to Better Golf

1. Call your local FitGolf Performance Center or visit [www.fitgolf.com](http://www.fitgolf.com).
2. Set up your Golf Performance Evaluation.
3. Create a customized program with your golf fitness specialist.
4. Do recommended at-home exercises.
5. Reap the benefits - play better golf.

## Free Services to Get You Started

- o Technology assessment
- o Golf fitness handicap assessment
- o Research assessment
- o ALINE insole fitting assessment

To try a free service—contact your local center.

*“FitGolf has made a huge difference in my game. I am longer, stronger, and my back does not hurt. Anyone who wants better golf needs to join the FitGolf program near them.” M.J., Malvern PA*

# The Golf Fitness Experts®

## Golf Performance Evaluation

How do you know what to do to improve your body or your golf? At FitGolf Performance Centers, we believe that a complete evaluation is the key to the perfect training program for you. The evaluation includes:

- o Functional movement testing
- o Anatomical testing
- o Technology assessment
- o Design of customized golf fitness program

## Technology for Golf Fitness



K-Vest 3-D Motion Analysis is “the MRI of the golf swing.” Through the use of wireless 3-D technology we SEE how your body and your swing are related.



Dynamic Balance System Measures weight shift and balance. There are known patterns of movement that are unique to the different swing models or styles.

## 3-R Training Approach™

Release - improves flexibility to turn fully in your golf swing.

Re-educate - improves stability leading to more consistent movement in your golf swing.

Rebuild - to add strength, speed and power to your golf swing.



# Junior Programs

## Long Term Athletic Development

The reasoning behind Long Term Athletic Development is that children and youth need to do the right things at the right time in life to develop in their sport or activity. Years of experience and research seem to demonstrate the fact that children and youth will excel, even reach the greatest heights in a sport, if they do the right things at the right times.



## Junior LTAD Assessment

This assessment tells you about your child’s athletic development. We assess your child’s functional movement, physical developmental levels, and conditioning levels. Then we work with your child’s golf coach to understand potential, skill level, and overall ability.



The L.T.A.D. Assessment will show you exactly where your child is as an athlete.

*“Fitness is so important in my teaching. My students must move well and the trainers at FitGolf have made a huge difference in my student’s movement ability. Every junior golfer will benefit from FitGolf’s junior training.” Gary Gilchrist, Director of Golf, Gary Gilchrist Golf Academy*

