

Infini-Tee Golf Fitness Seminar **Physical Screening and Program Development**

Provided by - John Bolesta, Director of Golf Fitness - TPI Certified

Duration - 2.5 hours

Cost - \$100

If you have been wondering which areas of the body are making it difficult to play better golf or stay injury free, and you wanted to start making positive changes, this seminar is for you.

1. Receive the following Titleist Performance Institute (TPI) Physical Limitation Screenings (Evaluation Purpose):

- Golf Set-Up (Golf Posture), Torso Rotation (Ability to separate upper body from lower body), Over-Head Squat (Ability to stay down during down-swing), Internal Hip Rotation (Ability to shift weight properly), Reach Roll Lift (Upper Body Flexibility), Glute Lift (Stability during swing)

2. Results Discussion and Golf Fitness Program Development:

- Assignment of Corrective Exercises to fix your Physical Limitations
 - Stretches – to improve mobility/flexibility in the areas that are tight
 - Strengthening Exercises – to improve strength in areas that are weak

3. Assignment of Core and Posture Training to Improve the Foundation of your Swing:

- Core – to improve stability and control of the entire body
- Posture – to allow the core and shoulder and hip joints to function properly

4. Receive access to your personal program on the TPI Website

- In addition to your Golf Fitness Program, you will receive Golf Swing Movement Drills and Exercises

Upcoming Seminars

Tuesday –November 10, 2009	11:00AM-1:30PM	Women
Thursday-November 12, 2009	9:30 AM-Noon	Seniors
Thursday-November 12, 2009	6:30 PM-9:00PM	Adult Coed
Saturday-November 14, 2009	9:00AM-11:30AM	Adult Coed
Saturday-November 14, 2009	Noon-2:30PM	Juniors