



Golf Performance Training

“Making Athletes More Athletic”

The TOP Fitness Golf Performance program focuses on maximizing power, flexibility, strength, and stamina. Our program is also geared to educate clients about how to protect their bodies, reducing the chance of injury due to the one-sided physical demands of the sport, and improve performance.

Golf Performance Training Program Goals: (1 hr)

Increase distance:

- Improve club head speed by improving flexibility and turn.
- Store and release energy more efficiently by improving the flexibility/stretch connection between shoulders and hips.

Decrease potential for injuries:

- Minimize stress on vulnerable joints by offsetting muscular imbalances.
- Protect your body against the sports most common injuries, which includes: foot, knee, hip, lower back, and shoulders.

Improve Strength:

- Allowing for greater power and control.

Improve Balance and Stability:

- Helping you address the ball and swing correctly.

Increase Stamina and Strength Endurance:

- Helping you perform consistently at the highest level through every hole and round after round.

TOP Fitness Golf Program Exercise Specifics:

1. Physical Screening:

- We utilize the physical screening process used by Titleist Performance Institute to measure your bodies physical limitations. The findings on the screening are correlated to swing faults and will help us design a customized program for you.

2. Flexibility:

- A routine designed to improve your physical limitations base on your screen results utilizing isolated stretches and integrated movements patterns to improve flexibility needed for golf and joint health.

3. Rotary Power and Core Stability:

- The use of Medicine Ball exercises are to help improve the functional relationship of the hips, torso, and shoulders allowing you to store in release energy more effectively. **Core Stability:** exercises to improve the strength of the shoulder, torso, and hips decreasing the potential for leaked energy in your swing.

4. Strength:

- Proper development of strength can be used to help improve drive distance. We take a functional approach to strength training for the upper body, lower body and core making sure your routine and technique will enhance your game.

5. Conditioning:

- You will develop the proper work capacity necessary for golf to keep you from getting fatigued.

6. Pehab:

- Target areas of the body to prevent injuries before they happen (foot, ankle, knee, hip, shoulder)

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