



The world's leaders in golf fitness

Fitness for Golf why

- Identify physical limitations associated with the golf swing
- Identify the role of fitness in the correction of limitations
- Injury prevention through fitness
- Stroke correction through exercise prescription
- Fitness provides longevity in performance
- The role fitness plays in reaching physical and skill potential
- The importance of endurance to course management

Matching Golf Swing faults with correction exercises

- Body type Analysis
- Identify physical and technique limitations in the golf swing
- Analysis of balance
- Analysis of Co ordination
- Solution optimisation (Provide best solution)



Specialised Golf Fitness Exercises

- Provided for individual swing
- Provide rapid improvement
- Time efficient training
- Golf orientated
- Versatility in execution



Junior Golf Fitness and Co ordination

- Training juniors safely
- Appropriate Junior exercise programs
- Developing training regimes
- Identification of junior swing issues
- Identification of junior performance limitations

Balance and golf

- Identifying Balance limitations
- Balance and the golf swing
- Balance and muscle activation
- Balance and power production
- Balance and injury prevention
- Balance correction exercises



Purpose of stretching for golf

- Identification of flexibility related to the golf swing
- Exercises to improve swing dynamics
- Flexibility and improvement in muscle mobility related to swing technique
- Flexibility and the reduction of injury
- Flexibility and the limitation of joint mobility to enhance swing dynamics



How to produce power in the golf swing

- Body type and power
- Fitness and power
- Flexibility and power
- Balance and power
- Energy systems and power
- Technique and power
- Analysis of Tour pro's power production

Turn your potential into performance

Elite Golf Fitness Australia

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