

The Golf Assessment:

The physical screening process will determine:

- Ability to transfer speed.
- Energy transfer throughout the body.
- Measure ability to separate the torso from the lower quadrant.
- Determine weak and tight musculature.

The screening process will identify any physical factors that are limiting the player's performance. These limiting factors may be easy physical adjustments to improve performance.

It is an eye opening assessment!

Golf Assessment



Complete Physique, Inc.

Fitness programs for businesses, communities, homes and on the web.

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Your Experience:

The Fitness Assessment, designed by the Titleist Performance Institute, is designed to take players through a complete array of test usually reserved for the best golfers in the world. By assessing a "total picture" of your body we can recommend corrective exercises to combat functional dysfunctions. The corrective exercises will improve range of motion in certain musculature that will translate into more yardage off the tee, more consistent golf swing and lower scores.

Please contact Jeff Parker to set up your assessment.

The golf assessment is \$25* and will last 30 minutes.

* (Sign up for the golf fitness class or personal training and \$25 will be credited towards either program)