

BUILD A BETTER GOLF BODY



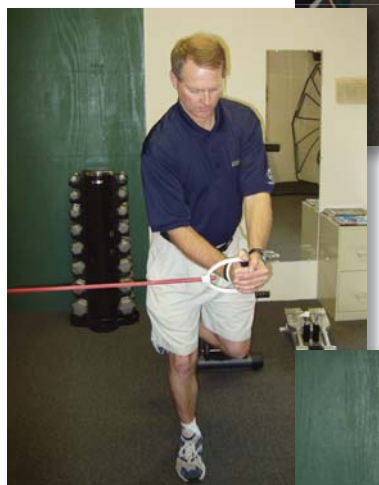
There has been considerable progress in strength training for golf, as the weight training programs of Tiger Woods, Annika Sorenstam and other top pros have been well documented.

Traditional weight training with machine weights or free weights, such as the chest press, arm curl and leg press build strength with isolated movements, should not be the only method of strengthening for golf. The golf swing is not one isolated movement; it requires the body to move in a combined motion in which the body moves in a diagonal pattern.

The golf swing requires the application of quick strength (approximately .25 seconds). Consequently, it is important to incorporate speed training into a comprehensive golf conditioning program.

In collaboration with PGA Tour Winner, J.L. Lewis, BacktoGolf developed the POWERGolf Performance Program. This program includes two golf specific exercise programs: Functional Strengthening, and Speed and Power Training. Each program utilizes the muscles and body movements of the golf swing under the dynamic resistance of a rubberized power cable. The exercises combine rotation and weight shift, simulating the body's movement pattern in the golf swing. This program combines strength, speed, power, balance, and core strengthening into a functional exercise program for golf.

The POWERGolf Performance Program brings a tour quality conditioning program to the everyday recreational golfer.



The BacktoGolf Performance Center is located in Austin, and is under the direction of Jay Platt. Jay has over 20 years experience in sports medicine as a physical therapist, athletic trainer, and strength and conditioning specialist. He specializes in golf biomechanics, injury rehabilitation and performance enhancement. For more information, contact Jay at 512-371-7687 or www.thegolfacademyatcircular.com.