

BALANCE — GOLF'S BOTTOM LINE!

by Jay Platt, PT

BACKtoGOLF Performance Center



BACKtoGOLF.

512-371-7687

www.thegolfacademyatcirclec.com

The average golfer marvels at how smooth and controlled the pros make the swing look. That's how Ernie Els got his nickname, "The Big Easy." His swing looks effortless, but in reality it is anything but effortless. At any level, the golf swing is one of the most complicated and unnatural movements in all of sports. So what is it that separates the smooth, effortless looking swing of the pros from the violent, jerky assault on the ball displayed by the majority of recreational golfers?

The common denominator that all great athletes possess, regardless of the sport, is a keen sense of balance and an awareness of correct body movement. Since the golf swing begins in a static address position, it is essential to start in a balanced posture. When the golfer starts with their weight too far on their heels or toes, a disruption in the proper sequence of movement is seen within the first two feet of the backswing. From that point on, the remainder of the swing is in a constant state of compensation, resulting in a faulty swing and a less than desirable outcome. In addition, the faulty positions place increased stress on the spine and other major joints of the body.

The Dynamic Balance System's state of the art forceplate technology brings hope to the majority of golfers who have no clue where their balance points are, or how to properly shift their weight during the swing. This technology traces the golfer's center of gravity motion throughout the golf swing. For the first time the golfer can *FEEL* proper balance at address, and correct weight shift throughout the golf swing. The visual feedback enables you to sense and feel the proper body motions, allowing for faster improvement.

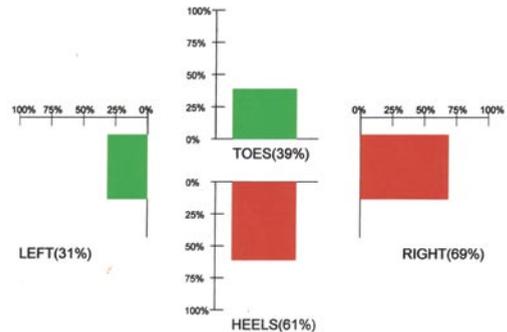
As the golfer begins to have a heightened awareness of balance and proper body motion in the swing, their sequence and efficiency of movement often dramatically improves. These factors directly contribute to something all golfers are looking for: improved ball striking and consistency in the swing. The inside (center of gravity) controls the outside (the clubhead).

So, How Real is Your Feel? Once you experience this unique method of learning by seeing and feeling, you will better understand that **Balance is Golf's Bottom Line!**

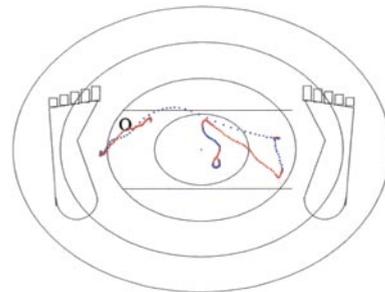


The BacktoGolf Performance Center is located in Austin, and is under the direction of Jay Platt. Jay has over 20 years experience in sports medicine as a physical therapist, athletic trainer, and strength and conditioning specialist. He specializes in golf biomechanics, injury rehabilitation and performance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

Total Weight Balance



FAULTY ADDRESS POSITION



SWING TRAINER SCREEN

Golfers Improve Your Swing or Get Your **MONEY** Back!!

The Golf Academy at Circle C's New Dynamic Balance System is guaranteed to help you *FEEL* proper balance at address and correct weight shift throughout your swing.

Risk Free Offer: Sign up for 3 Dynamic Balance Training Sessions and if after your first session you do not better understand proper balance in your golf swing, I will refund your money!

The Dynamic Balance Learning Center is directed by Jay Platt, PT

For more information or to schedule an appointment, contact Jay at

512-371-7687 or

www.thegolfacademyatcirclec.com

Sign Up Today!