



Core-Balance-Joint Mobility Golf Program

by Tony Greco 



NUTRITION —

“You are in Control”

- ➔ Each student will receive a customized meal plan based on their goals and be taught the fundamentals of proper nutrition.

BODY COMPOSITION —

“Fat is a Virus - Treat it”

- ➔ Each student will receive a body composition assessment before and after the program.

CORE PROGRAM

Integrated golf conditioning is based on the concept of FUNCTIONAL EXERCISE. Functional exercise means an exercise program designed around sport (or work) specific movement patterns - in this case golf. These same principles are successfully used by many of the world's greatest athletes by adapting the concepts to their particular sport.

Care must be taken because many exercise trainers are trying to attract golfers and other athletes into their machine based programs. The problem with this is that machines are designed to isolate and increase individual muscles. Unfortunately, in golf, the brain works by recruiting groups of muscles in a programmed sequence. Therefore any exercise program that is designed to improve function of a golfer must be designed to integrate the whole mind and body.

To ensure function will be improved, the exercises chosen and the program design must be evaluated to encompass the following four components:

Flexibility

Flexibility and muscle balance must always be restored first

Stability

Static and dynamic stability must be restored before increasing strength or power

Strengthening

Strength must be developed before power

POWER

POWER IS ALWAYS THE FINAL ATTRIBUTE DEVELOPED