



BETTER BODY - BETTER GOLF

THERE ARE FOUR WAYS TO GET BETTER AT GOLF

TECHNIQUE | EQUIPMENT | MIND | BODY

THIS PACKAGE FOCUSES ON #4 (BODY). THE PACKAGE INCLUDES FIVE TOTAL SESSIONS AND 8 WEEKS OF CUSTOM EXERCISE PLANNING THROUGH OUR MOBILE FITNESS APP TO WORK ON FLEXIBILITY, STRENGTH, AND CLUB HEAD SPEED.

SESSION 1: COMPLETE YOUR TITLEIST PERFORMANCE INSTITUTE SCREEN AND REVIEW RESULTS. BECOME ORIENTED TO YOUR INITIAL EXERCISE PROGRAM AND MOBILE APP FUNCTIONS.

SESSION 2,3,4: ONE HOUR FOLLOW UP SESSIONS WITH LEIGHTON TO REVIEW NOTED AREAS DETERMINED BY TPI SCREEN, REVIEW AND PROGRESS EXERCISES, AND ENSURE YOU ARE ON THE RIGHT TRACK.

SESSION 5: RE-ASSESSMENT OF PROGRESS, NEXT STEPS.

1 TPI SCREEN (\$150 VALUE)

4 FOLLOW-UP SESSIONS (\$480 VALUE)

8 WEEKS OF CUSTOM EXERCISE PROGRAMMING WITH VIDEOS THROUGH MOBILE FITNESS APP (\$80 VALUE)

\$710 VALUE

PYCC MEMBERS PRICE -- \$550 (SAVE \$160)

***ASK ABOUT COMPLEMENTARY COLLABORATION WITH YOUR SWING COACH

SCHEDULE ONLINE AT FLORIDAPHYSIO.COM, EMAIL INFO@FLORIDAPHYSIO.COM, CALL OR TEXT LEIGHTON AT 217-474-5225.

TPI
CERTIFIED