

BIOMECHANICAL GOLF CONDITIONING

Flexibility, Golf Performance and Injury Prevention

This seminar will cover the following:

- The importance of optimal flexibility for golf performance and injury prevention
- A flexibility assessment will be performed on a member of the audience
- Demonstration and explanation of how lack of flexibility in specific muscles affect specific mechanics of the golf swing, corresponding ball flight factors and therefore golf performance and injury.

The practical seminar is 1 hour in length, is interactive and comes with a handout.

To book a time for this seminar call Robert Collier now

027-223-5039