

BIOMECHANICAL GOLF CONDITIONING

What is Biomechanical Golf Conditioning?

**Posture, Flexibility, Static and
Dynamic Stability, Strength and
Power**

=



**A Lower Handicap &
Prevention of Injury**

This seminar covers the following.

- Explanation and practical demonstration of how optimal posture, flexibility, static and dynamic stability, strength and power can lower your handicap and help prevent injury.
- Why following the conditioning variables in the order above will lead to optimal golfing performance.
- A member of the audience will be used to demonstrate how the above factors specifically affect ball flight factors, swing consistency, injury issues and therefore overall golf performance

This 1 hour seminar also comes with a handout. To book a time for your seminar call Robert Collier now

027-223-5039