



# GOLF FITNESS PROGRAM

The Golf Fitness Program is designed to improve movement patterns of certain areas of the body that are utilized in the golf swing. The program assists golfers in their understanding of the importance of fitness as a part of their overall golf game.



**Zach Beene, MSPT**

Titleist Performance  
Institute Certified Golf  
Fitness Instructor and  
Physical Therapist





Every golf fitness analysis includes a comprehensive physical screen combined with a video analysis of the individual's golf swing. The screen consists of 11 tests to identify areas of the body that are not functioning maximally to produce the most efficient golf swing. Video analysis is used to identify certain characteristics in a golf swing and the physical screen is then reviewed to determine which deficits could be leading to those characteristics. Upon identifying those deficits, an exercise program is introduced to the golfer to improve those specific areas of the body.

Cost is \$150 for a 60 minute analysis and exercise instruction.

To schedule an appointment call  
Center for Sports Medicine & Orthopaedics  
Physical Therapy at (423) 624-2696



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