Golf STRENGTH TRAINING INJURY PREVENTION **SEMINAR**

Presented by:

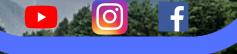


OU'LL LEARN

MsE™ training principles and modalities

- Motor ControlStabilization & Balance
- Trunk Power
- Development
 Rotational Strength
- Maximize Range of Motion

Limited spots available.



Hosted by: Manchester **Country Club**





Friday, February 8th 2019 @ 430pm