

6 WEEK GOLF

STRENGTH TRAINING & INJURY PREVENTION PROGRAM

Presented by:



(I²SM)
INTERNATIONAL INSTITUTE OF SPORT & MOVEMENT

YOU'LL LEARN

**MsE™ training
principles and
modalities**

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

**Limited spots
available.**

Only 18 spots available, cost per athlete is \$199, Couples & Family members receive 10% off



Hosted by:

**Manchester
Country Club**



**Friday's at 430pm in the Attic
March 8 - April 12**