





BOOMER FITNESS

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Version 62010



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AGENDA

- Quick Overview Boomer Fitness
- Quick Introduction into Fit Assessments
- Step by Step How To



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- Step by Step How To





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Television - Magazines - Radio - Web - Newspaper

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■ Entrepreneur Magazine

- "Fitness Trend for 2010"



■ NewsWeek

- "... Boomer Fitness is revolutionizing the fitness industry ..."



■ Forbes.com

- "...Best Boomer Workouts ..."





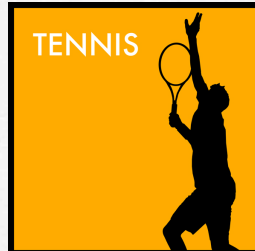
BOOMER FITNESS

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Workout Smarter - Not Harder

Specialized fitness programs that address
Performance, Pain, Injury Prevention, and
are Spine & Joint Friendly

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PROGRAM DESIGN

- Team of Professionals
 - PT specialize in spine injuries
 - PT specializing in sports injuries
 - Sports-performance trainer who has worked with several Olympic athletes
 - Personal trainer
 - Sport Professionals
- By addressing the concerns of each disciplines we were able to put together a unique and effective program.

PROVEN CONSISTENT RESULTS



GENERAL FITNESS

- More Energy
- Better Posture
- Less Joint Pain



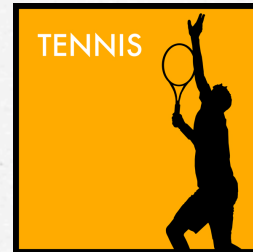
WEIGHT MANAGEMENT

- Slimmer Waistline
- Tone Arms and Legs
- Less Joint Pain



GOLF FITNESS

- Hit 15-35 yards Farther
- More Consistency
- Less Joint Pain



TENNIS FITNESS

- Move Quicker on the Court
- Improve Accuracy
- Improve Ranking



BIKING FITNESS

- More Endurance
- Increase Speed 2-5 Mph
- Less Joint Pain



HIKING FITNESS

- More Endurance
- More Power
- Less Joint Pain



SKIING FITNESS

- More Endurance
- Improved Control
- Less Joint Pain



□ RESULTS

- Higher overall level of play
- Club head speed increased by 10 MPH
- Increased distance as much as 40 yards
- Improved accuracy on your approach shots (with higher lofted clubs)
- More consistency in play
- More energy that they has experienced in many years
- Better concentration while playing
- Less Back Pain
- Less soreness afterwards

FOLLOW US

- www.FitnessGolf.org
- <http://YouTube.com/user/GolfFitnessProgram>
- <http://Twitter.com/FitnessGolf>
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- www.BoomerFitnessClubs.com

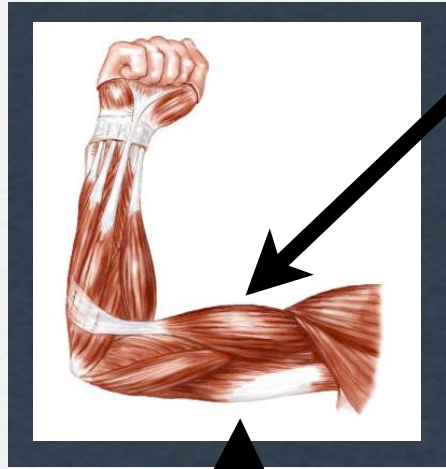


FIT ASSESSMENT

- Observations of the body to determine what condition are muscles are in.
- Muscle imbalances: which muscles are tight and which muscles are weak

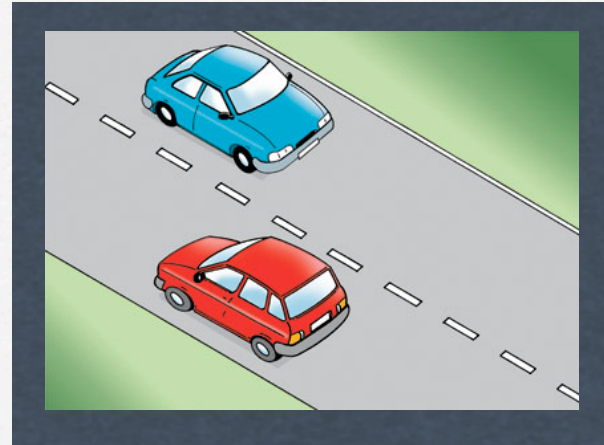
MUSCLES WORK IN PAIRS

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Pull Arm Up

Pull Arm down



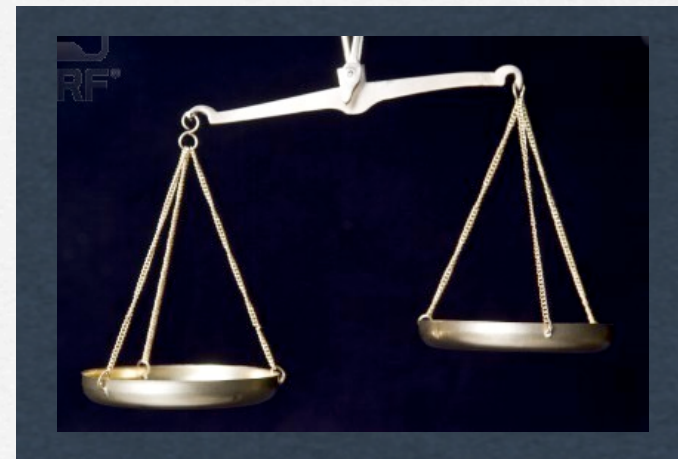
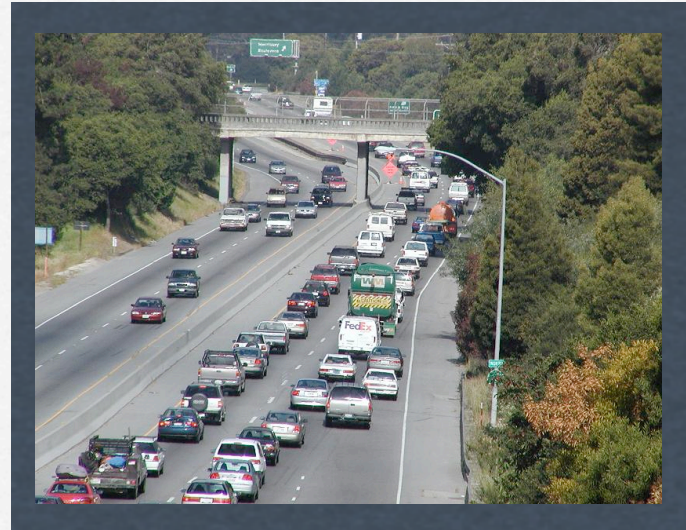
Pull Leg Back

Pull Leg Up

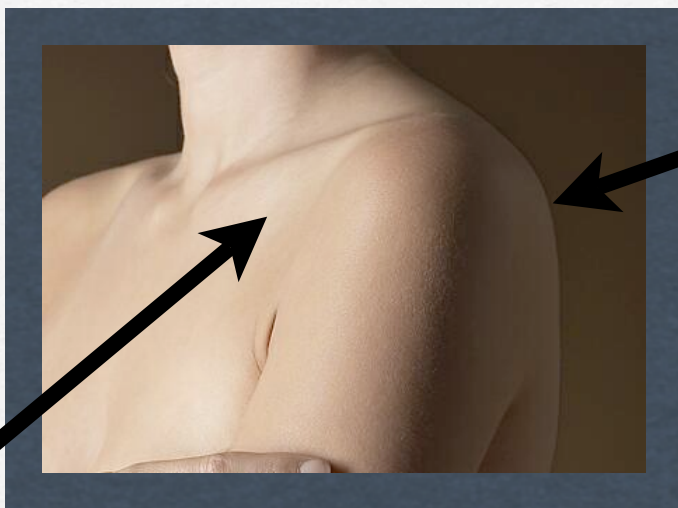
MUSCLE IMBALANCE

Muscle imbalances
cause compensation
in our movements

Common
imbalances in the
muscles are often
the cause of injury
or soreness



EXAMPLE



WEAK

TIGHT

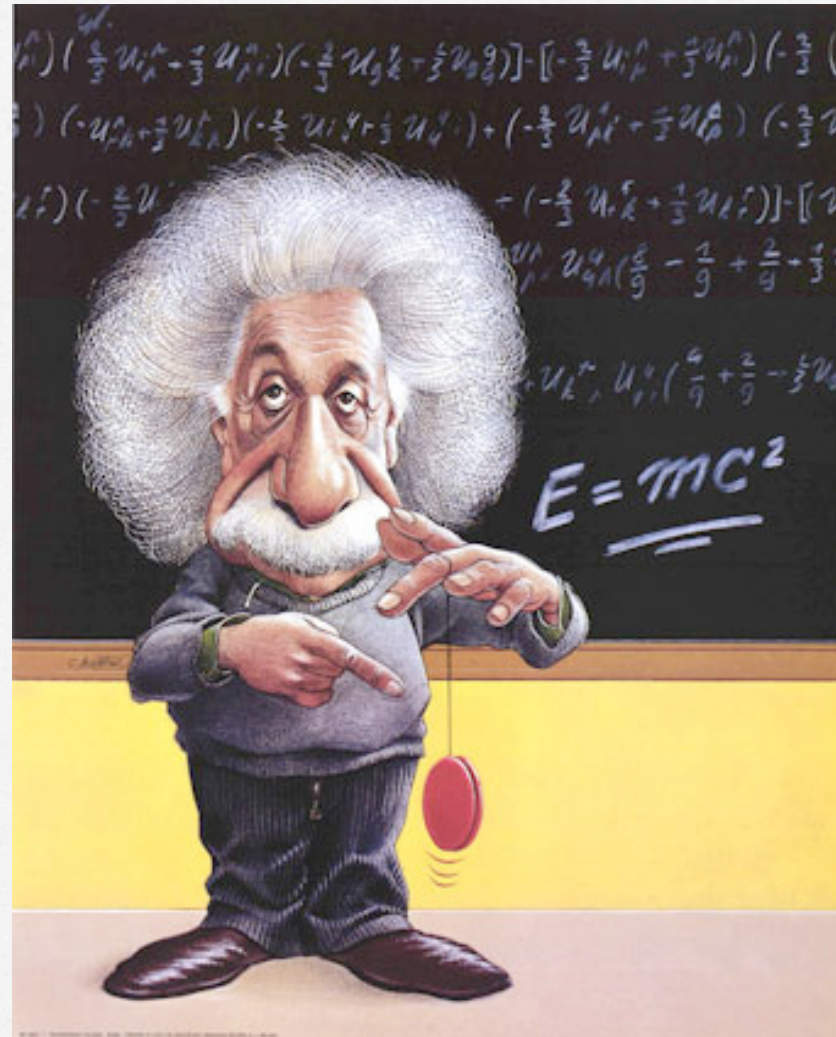


WEAK

TIGHT

PHYSICS of GOLF

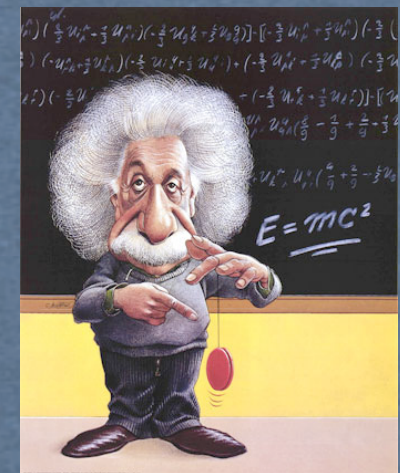
- Club head speed
- Club head path
- Face angle
- Angle of approach
- Where the ball strikes the club



FEW EXAMPLES

- Lack of Club Head Speed
- Flexibility: Lack of Shoulder, Hip rotation
- Unstable Club Head path
- Balance: Lack of Balance or Unstable Swing Plan
- Loss of Club Face Angle
- Strength: Lack of Strength wrist & forearms

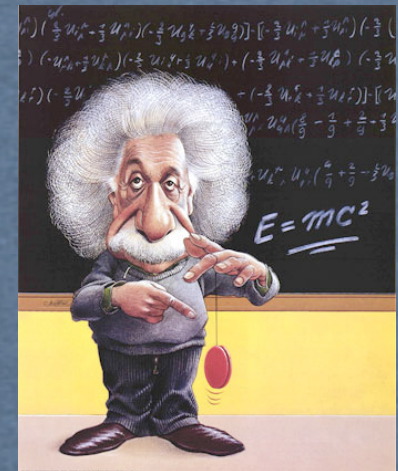
- Club head speed
- Club head path
- Face angle
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FEW EXAMPLES

- Power
 - Reverse Pivot - Incorrect weight Transfer
- Endurance
 - Tired, Soreness - Lack of concentration

- Club head speed
- Club head path
- Face angle
- Angle of approach
- Where the ball strikes the club



FIT ASSESSMENT

- What is unique about my bodies muscle imbalances ?



GOLF FITNESS

- ☐ Physics of Golf
- ☐ Physical Requirements
- ☐ Injury Prevention



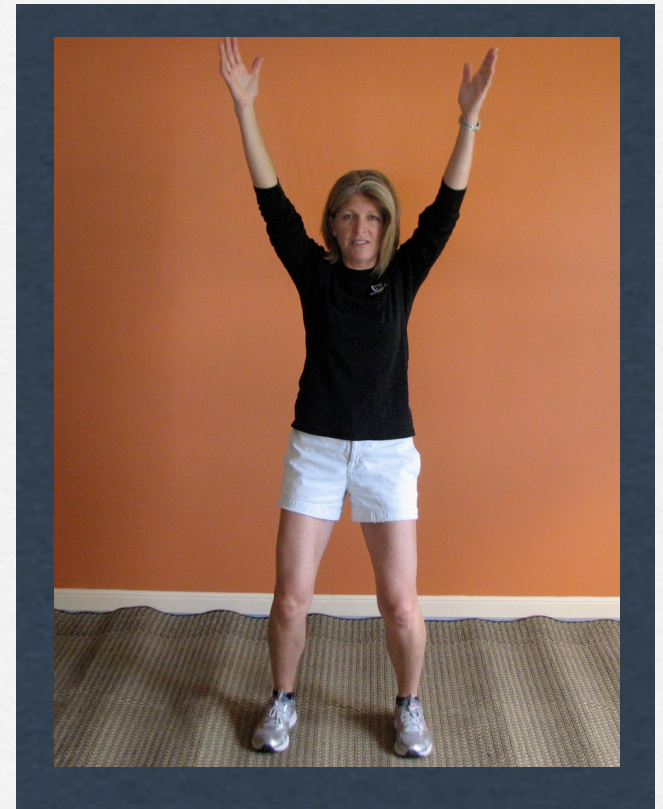
100 swings Walk
! " # # # Yards
Downhill 450
YARDS Uphill
Uneven lie 300
YARDS Sand
Trap Water Trees
150 YARDS Wet
Tall Grass 50
YARDS Putting

Assessment

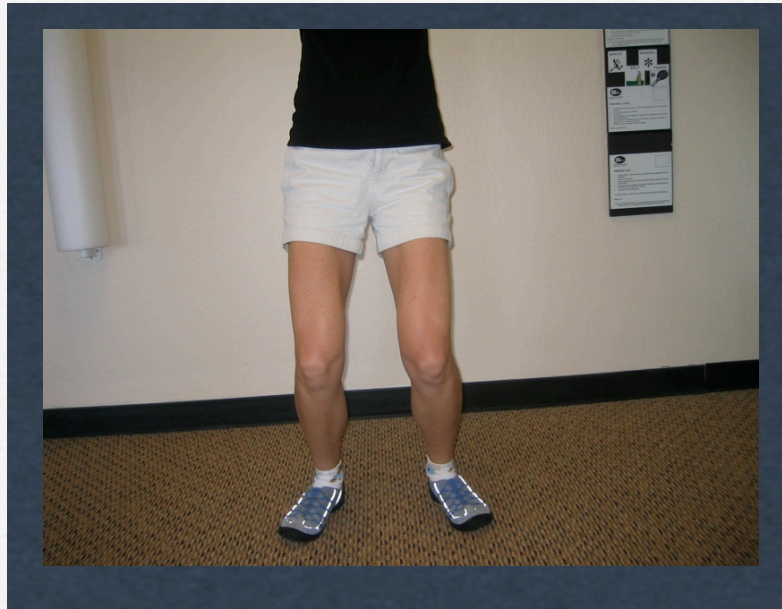
- Series of Squats
 - Examine Squats - Front-view
 - Enter Results
 - Examine Squats - Side-view
 - Enter Results
 - Examine Squats - Back-view
 - Enter Results

SQUAT

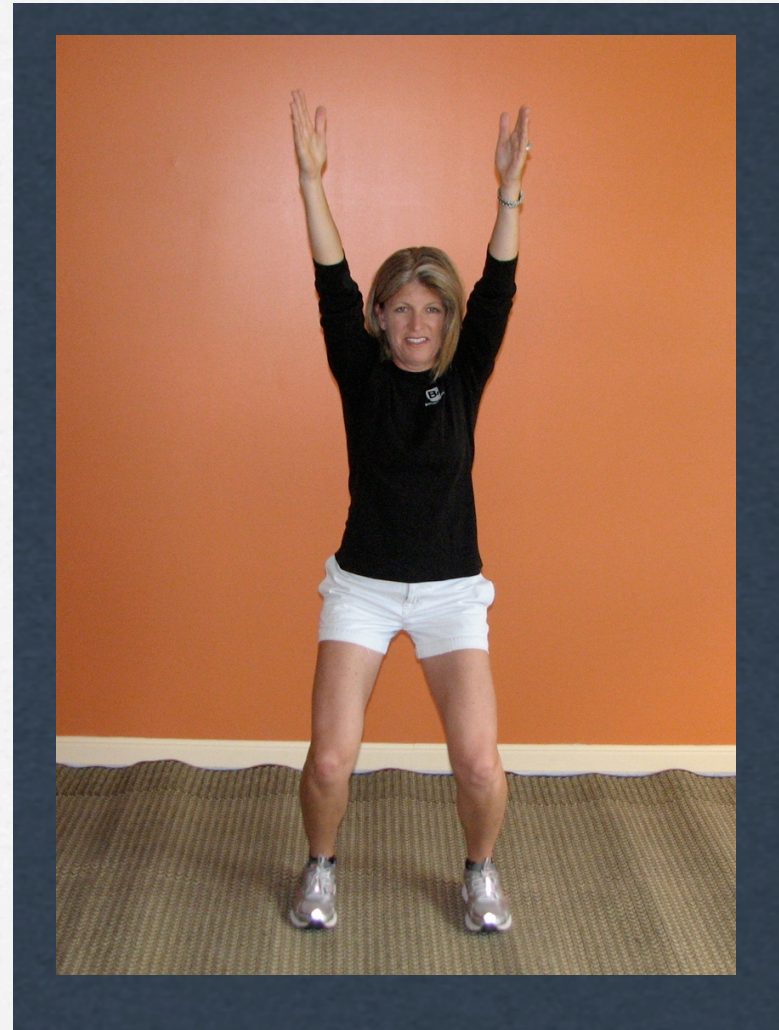
- Stand with feet shoulder
- Raise arms overhead with elbows extended
- Lower slowly to a comfortable level (chair level)
- Repeat as needed to answer questions



FRONT-VIEW



Feet Turn out

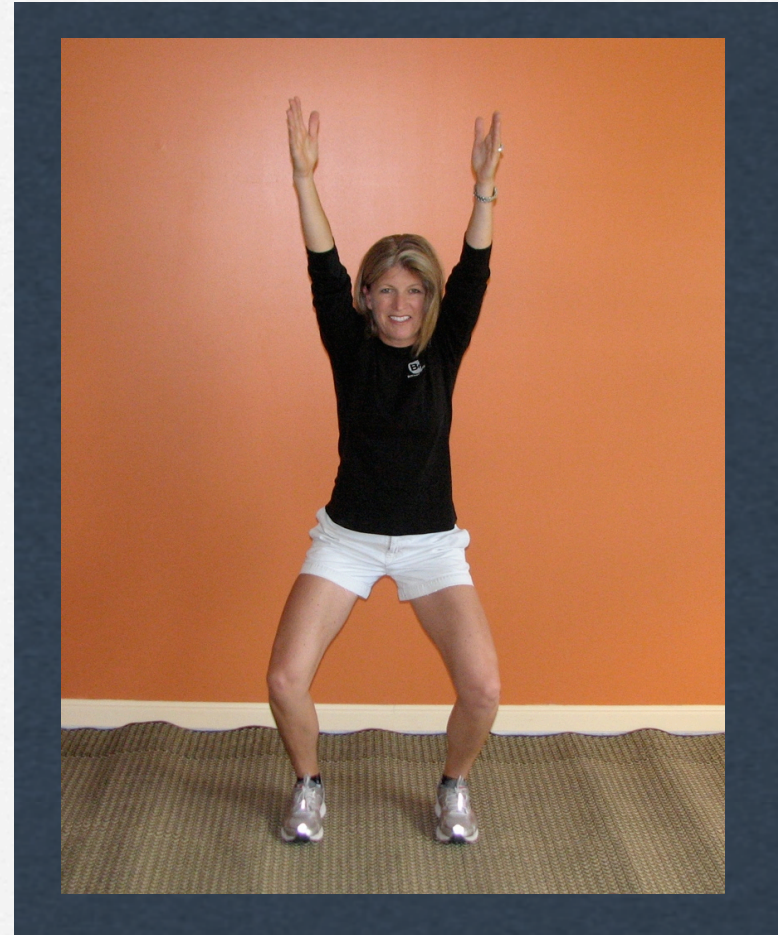


Good

FRONT-VIEW



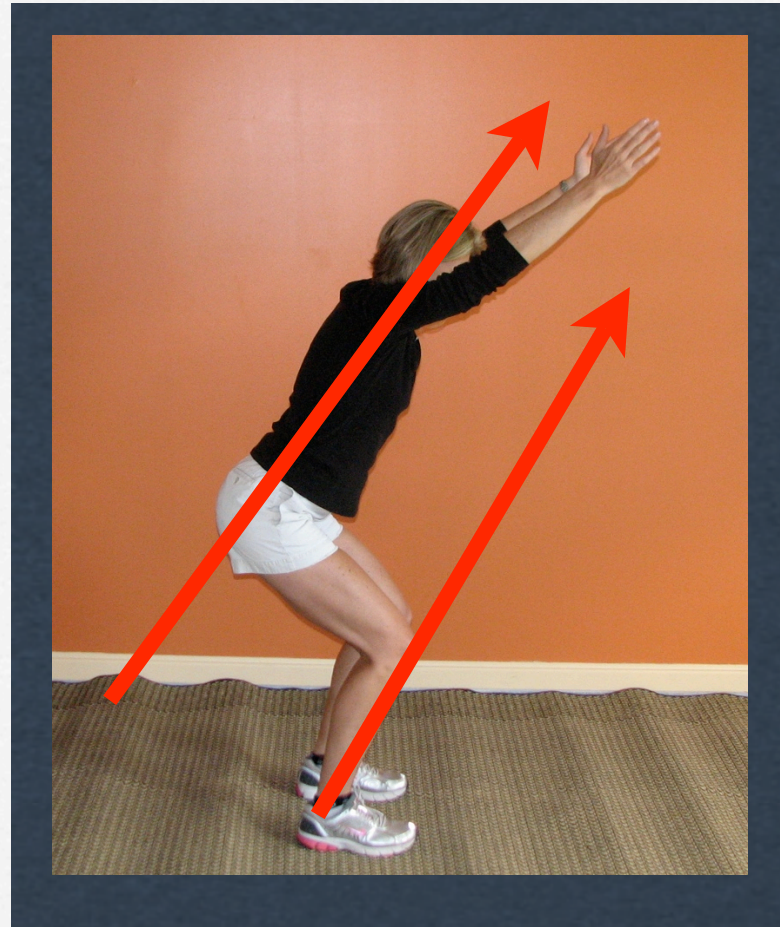
Knees Move In or
Cave in



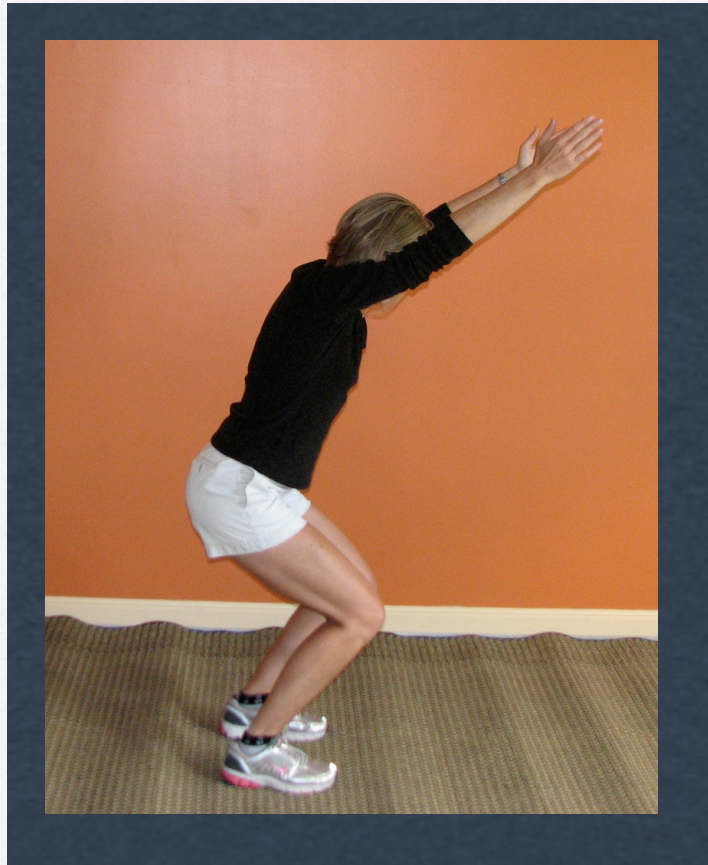
Knees Move Out or
Bow Out

SIDE-VIEW

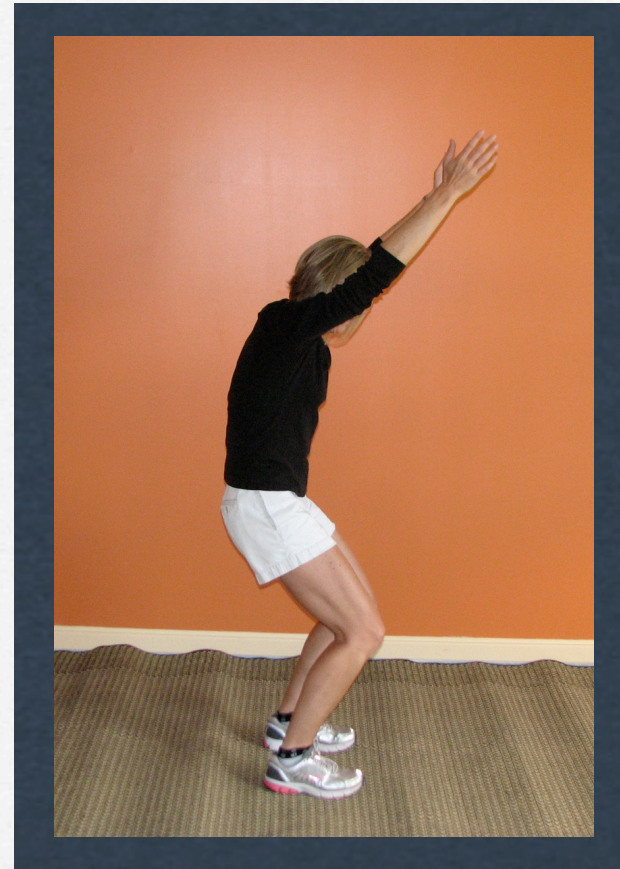
- Looking at the line from your hips to your shoulders. Does it match the angle of the line created from your ankles to your knees?



SIDE-VIEW



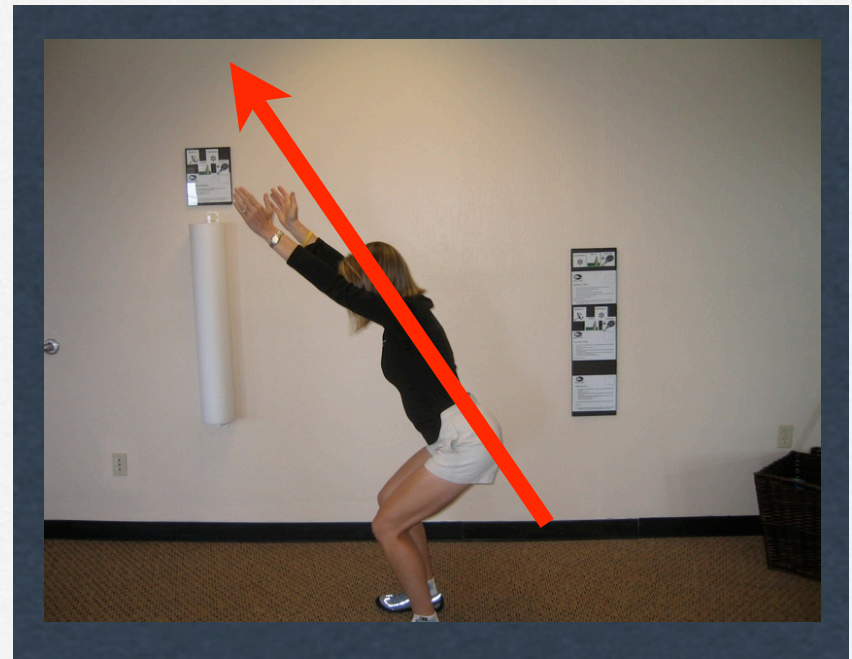
- ❑ Lower Back Arches
(happy cat)



- ❑ Lower Back Rounds
(scared dog or
Halloween Cat)

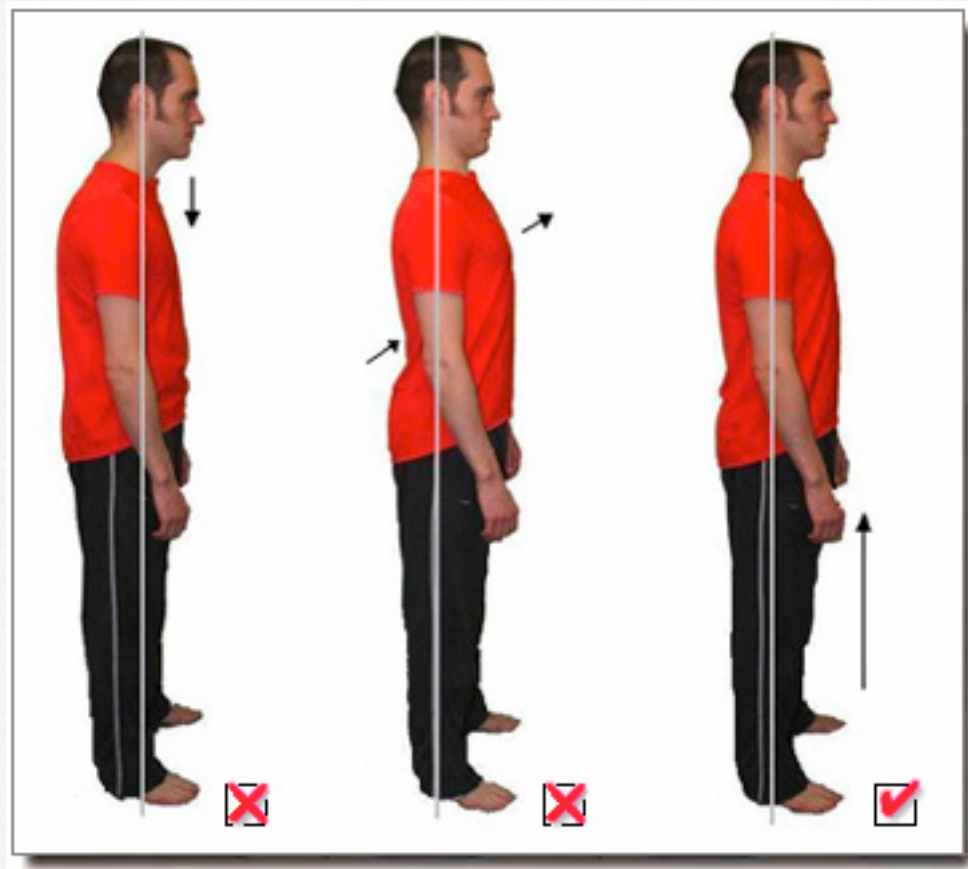
SIDE - VIEW

- Arms fall forward



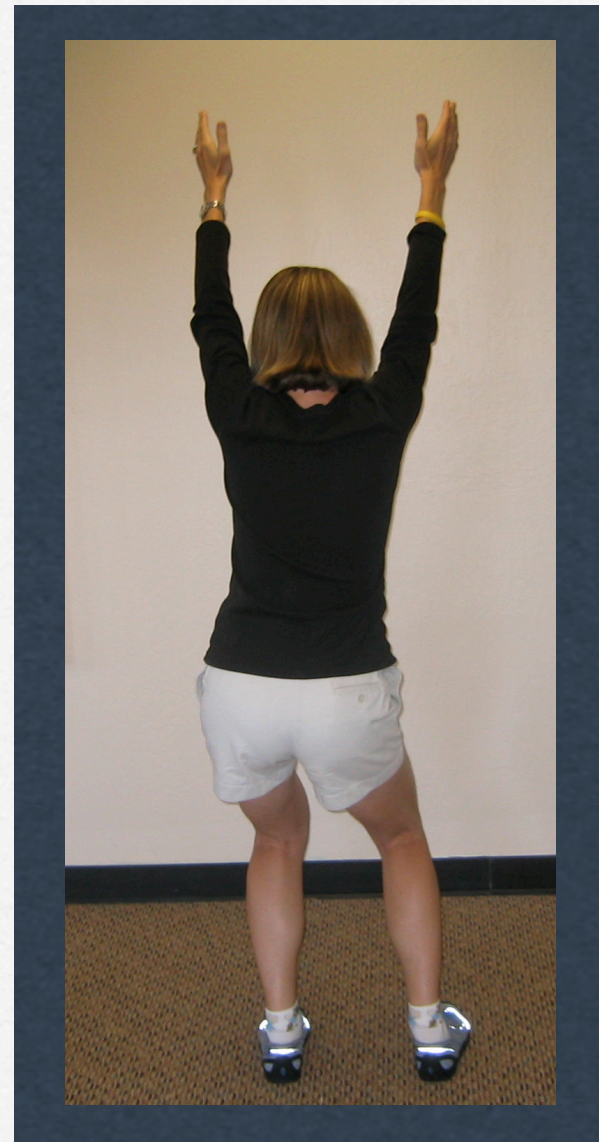
SIDE-VIEW

- Looking at your shoulders. Do your shoulders round forward?



REAR-VIEW

- Heel raise or flattens
- Hip out of alignment
- Shoulders elevated



READ REPORT



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PRINCIPALS of GOLF FITNESS

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- Warm-up
- Strength
- Power
- Balance
- Endurance
- Flexibility

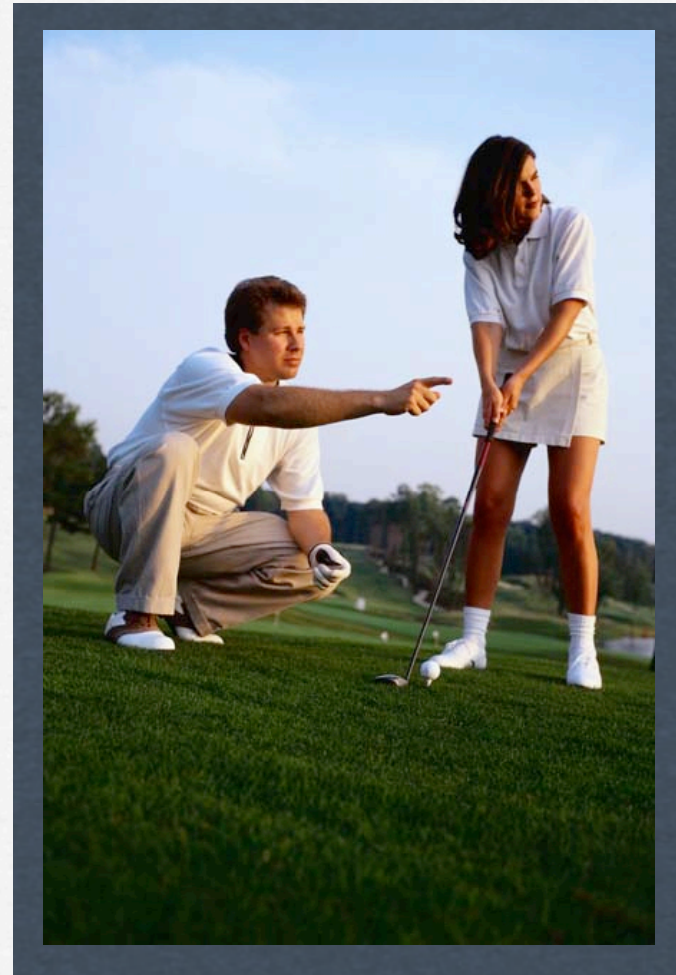


- Spine & Joint Friendly
- Muscle Imbalance
- Injury Prevention



WHAT IS YOUR MOTIVATION

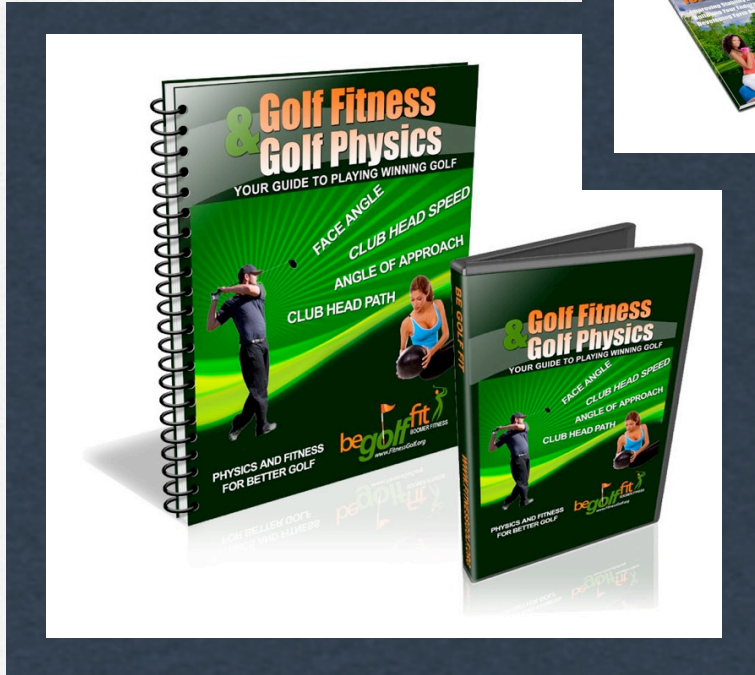
- Reduce one's score
 - Improve Focus
 - Gain distance in shots
 - Improve accuracy
- Improve one's handicap
 - improve consistency
- Win a tournament
- Play more often



www.FitnessGolf.org



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