Body Balance for Performance® looks at the golf swing from a unique angle—the golfer’s body. Based on the idea that a body limitation contributes to every swing flaw, Body Balance for Performance® focuses on how a golfer’s balance, flexibility, strength, and endurance contribute to or limit accurate, consistent performance.

Body Balance for Performance®, a MYTPI Pro.com authorized golf fitness provider, offers the most comprehensive set of training and assessment tools to help you play more consistent and better golf with fewer aches and pains.

At Body Balance for Performance®, we believe one of the biggest roadblocks to a golfer’s performance is his body limitation. Your most important piece of equipment is your body™. Without question, the last decade has seen the best players in the world better their golf performance by improving their bodies. As a result the game has changed to a much more athletic endeavor.

Golf professionals are taking a more holistic approach to developing the golf swing of every student.

Body Balance for Performance® assisted with clinical research on how proper physical conditioning improved performance and minimized injuries among the world’s elite golfers. This research led to the development of a golf-specific fitness training and therapeutic treatment program—Body Balance for Performance®.

visit our website at www.FitGolf.com or call 1-888-Fit-Golf.
Body Balance for Performance® is the complete golf, health and fitness training program. It is designed to make you Feel Better and Play Better Golf.

Let Body Balance for Performance® evaluate how your body structure determines the way you swing the golf club. This state of the art golf health and fitness training program focuses on the way each person's body affects his golf swing. It will help you understand how your strength, posture, balance, and flexibility control your swing.

Body Balance for Performance® 5 Easy Steps to Improve your Golf Game
1. Call your local Body Balance for Performance® center or visit our website at www.FitGolf.com
2. Set up an initial Golf Performance Evaluation
3. Create a customized program with a golf fitness clinician
4. Do recommended at-home exercises
5. Reap the benefits—play better golf!

Customized Program using 3R Training Approach™

Using physical training and manual therapy techniques, the certified Golf Fitness Specialist releases muscle tissue in areas that limit the flexibility and range of motion within your golf swing.

Once you have achieved your optimum degree of flexibility and range-of-motion, you must now learn how to control that motion. The Golf Fitness Specialist will guide you through proven golf-specific exercises that reinforce the use of your newfound mobility.

When you are comfortable with your new mobility the Golf Fitness Specialist helps you strengthen your body which enables you to make a consistent, safe, repeatable golf swing.

State of the Art Technology Included

The Dynamic Balance System shows you exactly how and where your weight is distributed and how that distribution changes as you swing the golf club. While providing immediate visual feedback, the Dynamic Balance System monitors the motion of your body’s center of gravity. A Golf Fitness Specialist will then explain how your body’s limitations affect these movements.

The Body Motion System is leading a revolution in Swing Analysis Systems for golf instruction. Using computerized 3D motion technology this system measures your shoulder and hip rotation, rotational speed and consistency of movement in your golf swing. The Body Motion System finds rotation and sequence limitations that cannot be seen through traditional video analysis.

What Golf Professionals are saying:

"Fitness in golf . . . is a critical component of the golf swing. There is no question, if my student is not able to make the swing motion I am teaching, he or she will have limited success. For many golfers, fitness is the missing ingredient in the golf swing. That is why Body Balance for Performance® is vital to any golfer who genuinely wants to improve his or her game."

- Rick Smith
PGA Professional