



Birdie 4-Week Sample Program

Call **613.558.2780** or send an email to **dh@golf-fit.ca** for more information


Week 1

Overview	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Home: TPI workout	T-To-Green: Evaluation Instruction	Home: TPI workout		Home: TPI workout	

Evaluation Full Titleist Performance Institute Medical Screen Video swing analysis 	Fitness Hip drops Single leg bridges Torso acceleration FMT pulls (shoulders) Balance Work-out on MyTPIPro.com 	Instruction Full-swing: - posture - core support - upper/lower body separation
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Week 2

Overview	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Home: TPI workout		Home: TPI workout		Home: TPI workout	T-To-Green: Practice (45 min)

Fitness Hip drops Single leg bridges Torso acceleration FMT pulls (shoulders) Balance Work-out on MyTPIPro.com 	Practice 1) Posture 2) Mini-swing drills
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Week 3

Overview	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Home: TPI workout	T-To-Green: TPI screens Instruction	Home: TPI workout		Home: TPI workout	

Evaluation Quick re-evaluation of mobility and stability issues Video swing analysis 	Fitness Hip drops Single leg bridges Torso acceleration FMT pulls (shoulders) Balance Work-out on MyTPIPro.com 	Instruction Full-swing: - posture - upper/lower body separation - weight transfer Chipping essentials
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Week 4

Overview	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Home: TPI workout		Home: TPI workout		Home: TPI workout	T-To-Green: Practice (45 min)

Fitness Hip drops Single leg bridges Torso acceleration FMT pulls (shoulders) Balance Work-out on 	Practice 1) Posture 2) Resistance with trail hip 3) Mini-swing drill 4) Chipping
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Birdie Program

A great introduction to pre-season training, the program includes:

- **A complete TPI fitness evaluation.** *What's your golf fitness handicap?*
- **Video swing analysis.**
- **Two 50-min instruction sessions.** Focused on fitness, posture, swing sequence and 'X-factor'. Instruction can be taken over 4-week period.
- **Two 45-min. practice sessions at T-To-Green Golf School.**
- **Access to a personalised 6-week workout program on MyTPI.com.**



\$189^{+HST}

