




Double-Eagle 8-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	T-To-Green: Practice (45 min)

Evaluation Full Titleist Performance Institute Medical Screen K-VEST TPI 3D swing analysis 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	Practice 1) Posture 2) Mini-swing drill
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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	T-To-Green: Practice (45 min)

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 Exercise review Full-swing: - posture - upper/lower body separation - weight transfer Chipping: - set-up - trajectory	Practice 1) Posture 2) Resistance with trail hip 3) Mini-swing drill 4) Chipping
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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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Double-Eagle Program

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

- **TPI 3D Swing Analysis.** Biomechanical, kinematic sequence and 'X-factor' analyses with the K-VEST.
- **A complete TPI fitness evaluation.** *What's your golf fitness handicap?*
- **Video swing analysis.**
- **Four 50-min instruction sessions.** Focused on fitness, posture, swing sequence and 'X-factor'. Instruction can be taken over 4-week period.
- **Eight 45-min. practice sessions at T-To-Green Golf School.**
- **Access to a personalised 12-week workout program on MyTPI.com.**



\$299^{+HST}





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Week 5

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

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 Exercise review Full-swing: - posture - upper/lower body separation - weight transfer Chipping Putting essentials	Practice 1) Posture 2) Mini-swing drill
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Week 6

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 7

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

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 Exercise review Full-swing: - posture - upper/lower body separation - weight transfer Chipping Putting: - PGA green reading routine	Practice 1) Posture 2) Resistance with trail hip 3) Mini-swing drill 4) Chipping 5) Putting
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Week 8

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 5) Putting
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