



# Eagle 6-Week Sample Program

Call **613.558.2780** or send an email to [dh@golf-fit.ca](mailto: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)

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

<b>Fitness</b> Hip drops Single leg bridges Torso acceleration FMT pulls (shoulders) Balance  <b>Work-out on MyTPIPro.com</b> 	<b>Practice</b> 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)

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

<b>Fitness</b> Hip drops Single leg bridges Torso acceleration FMT pulls (shoulders) Balance  <b>Work-out on</b> 	<b>Practice</b> 1) Posture 2) Resistance with trail hip 3) Mini-swing drill 4) Chipping
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## Eagle 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.**
- **Three 50-min instruction sessions.** Focused on fitness, posture, swing sequence and 'X-factor'. Instruction can be taken over 4-week period.
- **Six 45-min. practice sessions at T-To-Green Golf School.**
- **Access to a personalised 8-week workout program on MyTPI.com.**



**\$189<sup>+HST</sup>**





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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)

<b>Evaluation</b> Full Titleist Performance Institute Medical Screen Video swing analysis  	<b>Fitness</b> Hip drops Single leg bridges Torso acceleration FMT pulls (shoulders) Balance  <b>Work-out on MyTPIPro.com</b> 	<b>Instruction</b> Exercise review Full-swing: - posture - upper/lower body separation - weight transfer Chipping Putting essentials	<b>Practice</b> 1) Posture 2) Resistance with trail hip 3) Mini-swing drill 4) Chipping 5) Putting
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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)

<b>Fitness</b> Hip drops Single leg bridges Torso acceleration FMT pulls (shoulders) Balance  <b>Work-out on MyTPIPro.com</b> 	<b>Practice</b> 1) Posture 2) Resistance with trail hip 3) Mini-swing drill 4) Chipping 5) Putting
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