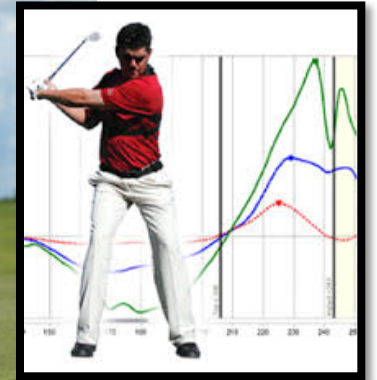


PITTSBURGH GOLF FITNESS

Located at Next Level Spine & Sports Injury Center



Your Body. Your Swing. *Take Control.*

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PRO.COM

AUTHORIZED GOLF FITNESS PROVIDER

THE GOLF FITNESS ASSESSMENT

Titleist Golf Fitness Assessments identify physical limitations of the body that alter swing mechanics, preventing a player from achieving their full golf potential. Consisting of 13 physical screens, the assessment is specifically designed to identify limitations in flexibility, stability, mobility, strength, and motor coordination; as well as determine the cause of each player's respective restriction. This system of physical screens has been developed and perfected through years of extensive research and practical application by the Titleist Performance Institute and is common practice amongst professional golfers.

..... CUSTOMIZED FITNESS PROGRAM

Once the physical limitations have been identified through the Golf Fitness Assessment, a customized training program is designed that specifically targets the player's areas of weakness. The fitness program consists of flexibility, stability, mobility and strength training, as well as functional drills personalized to the player's needs and abilities.

OPTION 1

Complete Golf Fitness Assessment
3 Follow-Up Assessments
4 Program Designs
\$550

OPTION 2

Complete Golf Fitness Assessment
3 Follow-Up Assessments
4 Program Designs
4 45-Min Training Sessions
\$850