

# TPI GOLF FITNESS

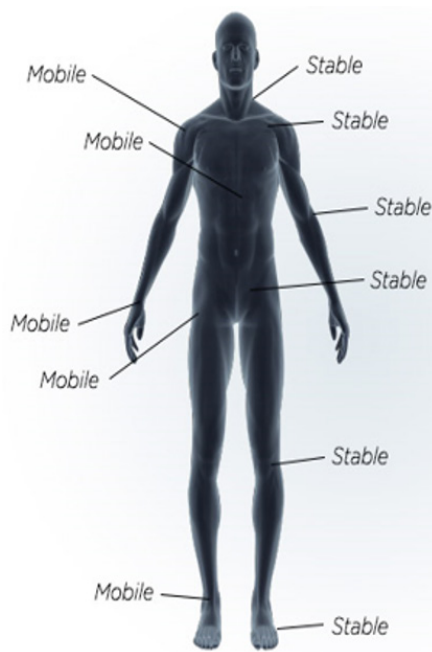
# IRONWORKS GOLF ACADEMY

TPI stands for “Titleist Performance Institute”, and it is the study how the body functions during a golf swing. “There is not one way to swing a golf club, there are an infinite number of ways to swing a golf club, but there is one efficient way for everyone and it is based on what they physically can do.” To find your efficient golf swing, we screen your body from head-to-toe during a TPI Fitness Assessment. A TPI Assessment screens every key areas of the body that directly affects the golf swing. The screen consists of exercises that measure your balance, range of motion, and mobility. This information is then used to help evaluate your golf swing and how it may be affected by any physical limitations.

## TPI FITNESS ASSESSMENT - 90 MINUTES

\$150 Adults / \$125 Juniors

- Body Movement Screen
- Body Power Screen
- K-Vest 3D Swing Evaluation
- Boditrak Ground Forces Evaluation
- Club and Ball Data Analysis
- Prescribed Exercise Program
- Full Report of Golf Fitness Strengths & Weaknesses



Neck - Stable  
Wrists - Mobile  
Elbows - Stable  
Shoulders - Mobile  
Scapula - Stable  
Spine - Mobile  
Pelvis - Stable  
Hips - Mobile  
Knees - Stable  
Ankles - Mobile  
Feet - Stable



CERTIFIED

**K VEST**<sup>®</sup>  
human motion  
LEARNING SYSTEMS



To sign up or for more information contact Travis at [tbecker@ironworksgolfacademy](mailto:tbecker@ironworksgolfacademy) or call 608.235.9152