

ORANGE WHIA
GFX



WELCOME:
TIME TO BRIDGE
THE GAP



WHO ARE WE:

Professional Golfers Association,
Titleist Performance Institute, ACE
Personal Trainers, CrossFit **LEVEL 1**

Why can't a player swing correctly and why can't they get better?



There was a void in golf instruction and fitness.



Blended the two and saw students improve twice as fast.



WHAT'S THE DIFFERENCE?



**WHAT DOES A TOUR PLAYER DO DURING
THEIR SWING
BETTER THAN THE AVERAGE GOLFER?**

TOUR PLAYER VERSUS AVERAGE GOLFER'S SWING



TOUR PLAYER VERSUS AVERAGE GOLFER'S SWING



PERFORMS 5 SWING SKILLS MORE EFFICIENTLY

5 GFX SWING SKILLS

1

Posture

2

Rotation

3

Segmentation

4

Weight Shift
and Balance

5

Swing Plane



5 SWING SKILLS DEFINED: NEEDS DON'T VARY IN KIND

Rotation – hips and upper body turns

Weight Shift & Balance – Center of gravity and ground pressure when tilts and bends occur



Posture – side and front bends performed by the hips and upper body

Segmentation – Separation between upper body and hips during Posture, Rotation Skills & Weight Shift and Balance

Swing Plane - Extremity and club movement, while bending and turning

Fitness

“The quality of being suitable to fulfill a particular role or task.”

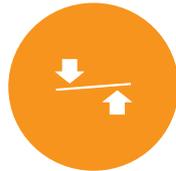
– Oxford Dictionary.

Fitness is considered a measure of the body's ability to function efficiently and effectively.”

-Wikipedia



Strength



Stability



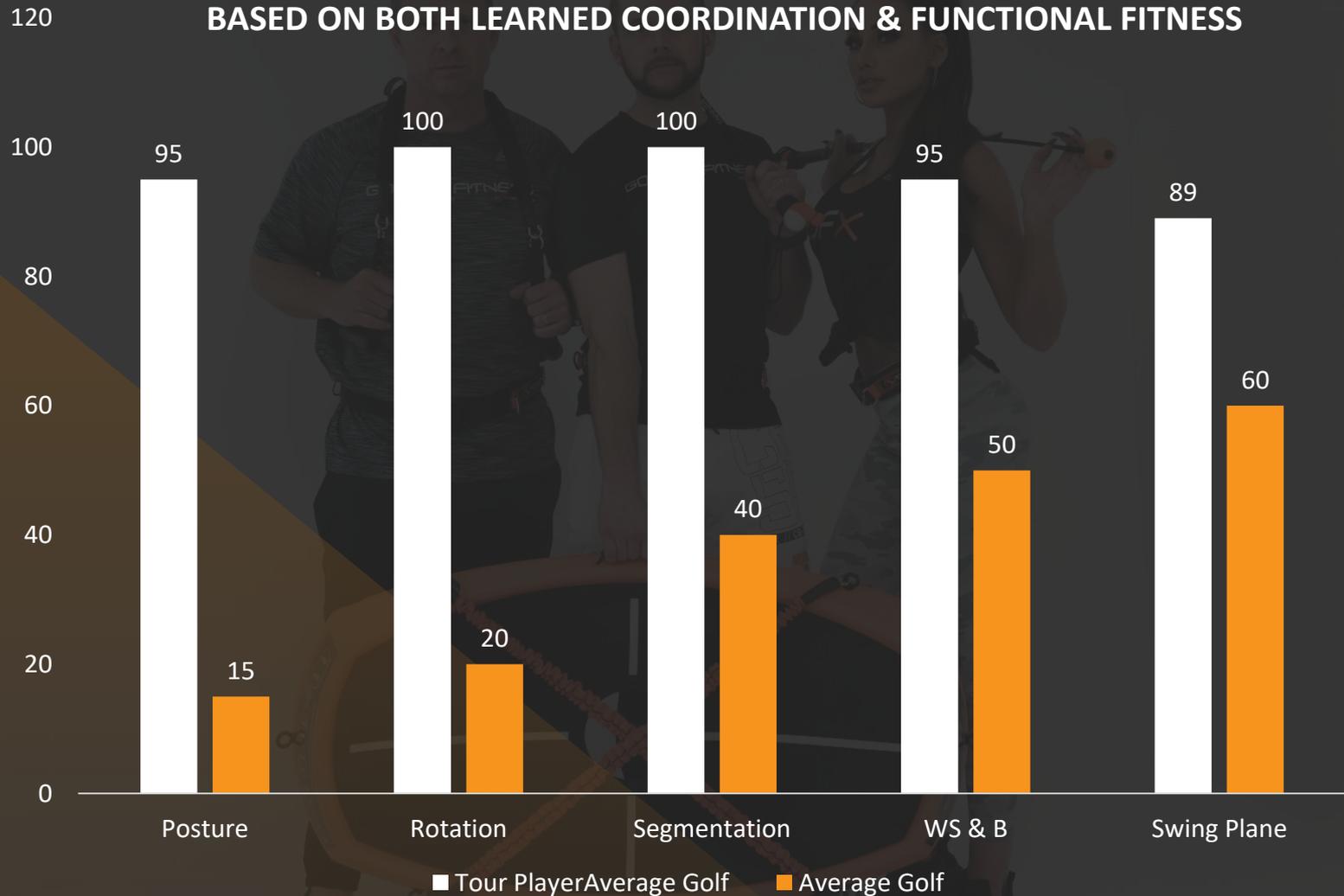
Mobility



Flexibility

PRO VS AM. BOTH APPLY SKILLS. BUT AT DIFFERENT LEVELS.

BASED ON BOTH LEARNED COORDINATION & FUNCTIONAL FITNESS





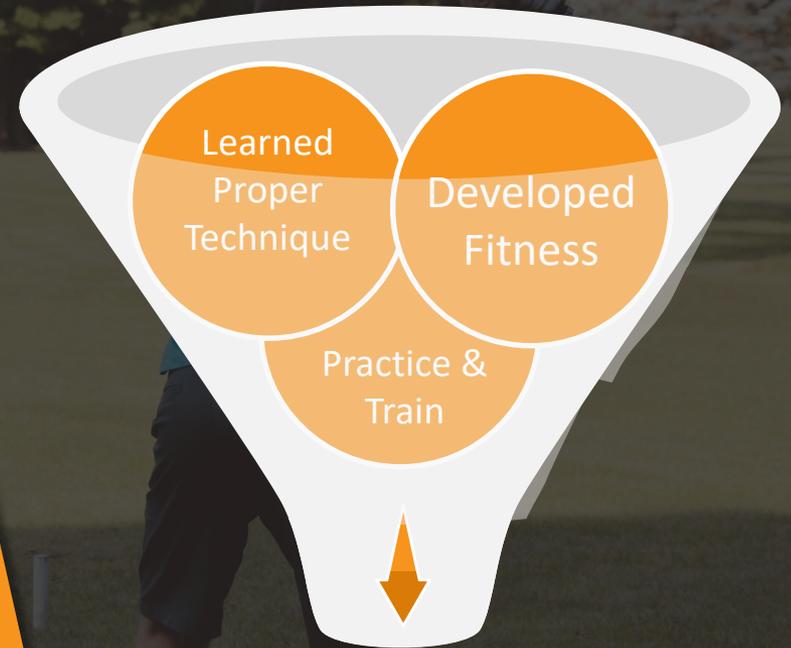
Learned and implemented efficient swing skill coordination and technique as he...



developed and applied swing skill functional fitness elements. Gained through performance movement practice, training and or other coordinated movement activities or sports.



Genetics can play a role in the ability of the individual's brain and body.



More efficient kinetic and kinematic parameters in relation to the golf swing. More efficient swing skills.



Improve Coordination

- Lessons
- Practice
- Play
- Repeat
- Hope it efficiently uses the bodies fitness elements to be functional during the swing



Improve Fitness

- Personal training
- Strength Training
- Flexibility Training
- Hope it is functional training to improve the coordination of the swing



Golf Pros

- Improve static fundamentals
- Improve short game
 - small movements with less fitness elements applied (less athletic)
- No application of utilizing or improving the fitness elements
 - Trained to avoid them if lacking
 - Due to fitness knowledge and environment constraints



Trainers

- Increase basic health
- Increase functionality in life
- With regularity and commitment can change the body composition and fitness elements
- No application of functionally training the golf swing skills
 - Trained to avoid them
 - Mainly due to swing knowledge and environment constraints



HOW DID DRILL “FEEL” ?



Improved Swing Coordination

- Side bend during the backswing and forward swing
- Rotation in the backswing and forward swing
- Segmentation of hips and torso
- Weight distribution, shift and balance
- Plane of the club



Trained Fitness Elements

- Core strength, stability mobility and flexibility
- Torso (upper body) rotation strength, stability mobility and flexibility
- Hip strength, stability mobility and flexibility
- Arms, shoulder, forearms, chest strength, stability mobility and flexibility

WHAT DID THE SWOD CONTAIN TO CREATE INCREASED FEEL OF THE SWING?



Fit-Skills

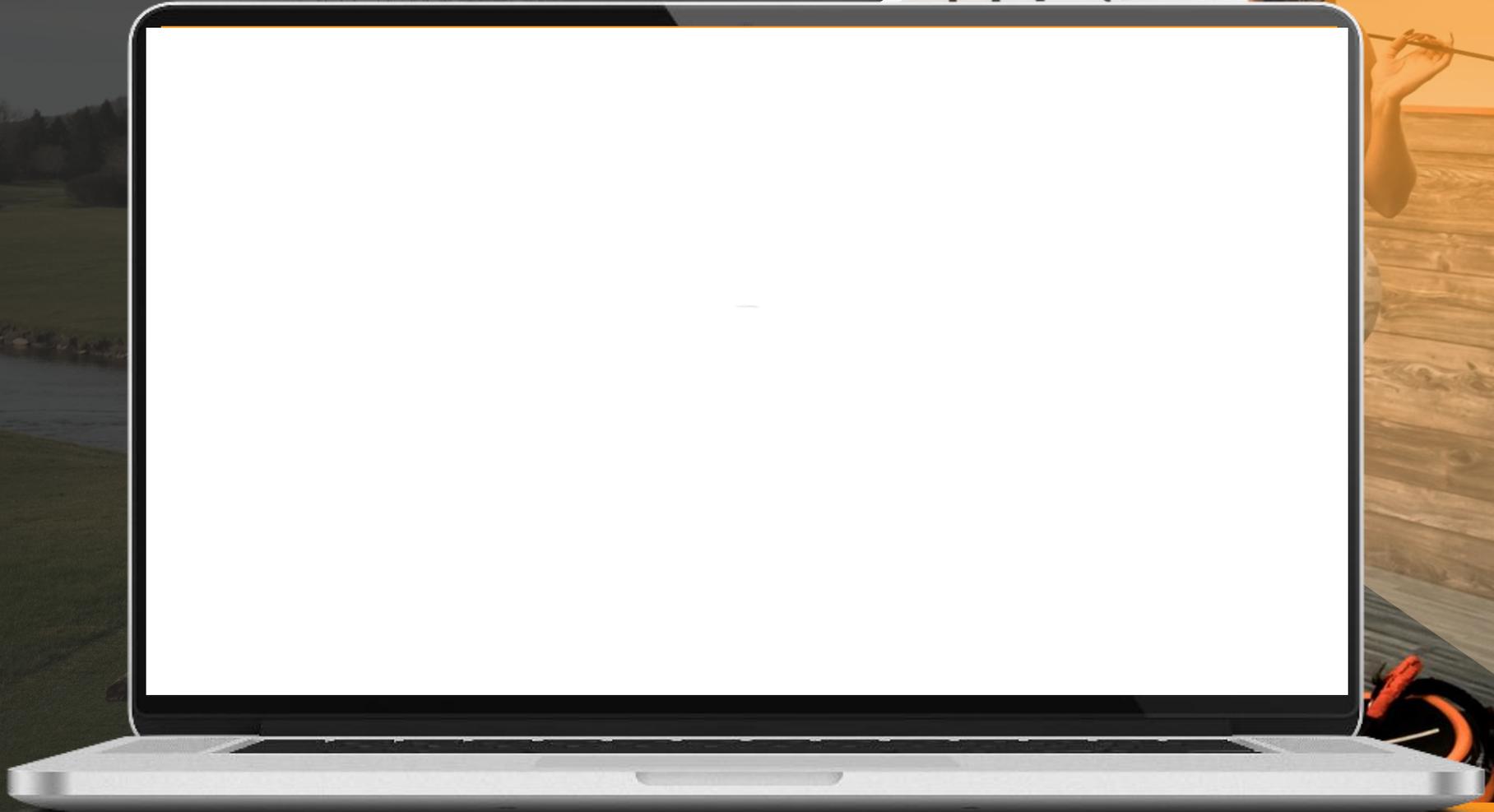
- An exercise that combines proper golf swing skills during swing foundations (movements) and the fitness elements needed to perform them.
- Fit-skills contain all four functional training components



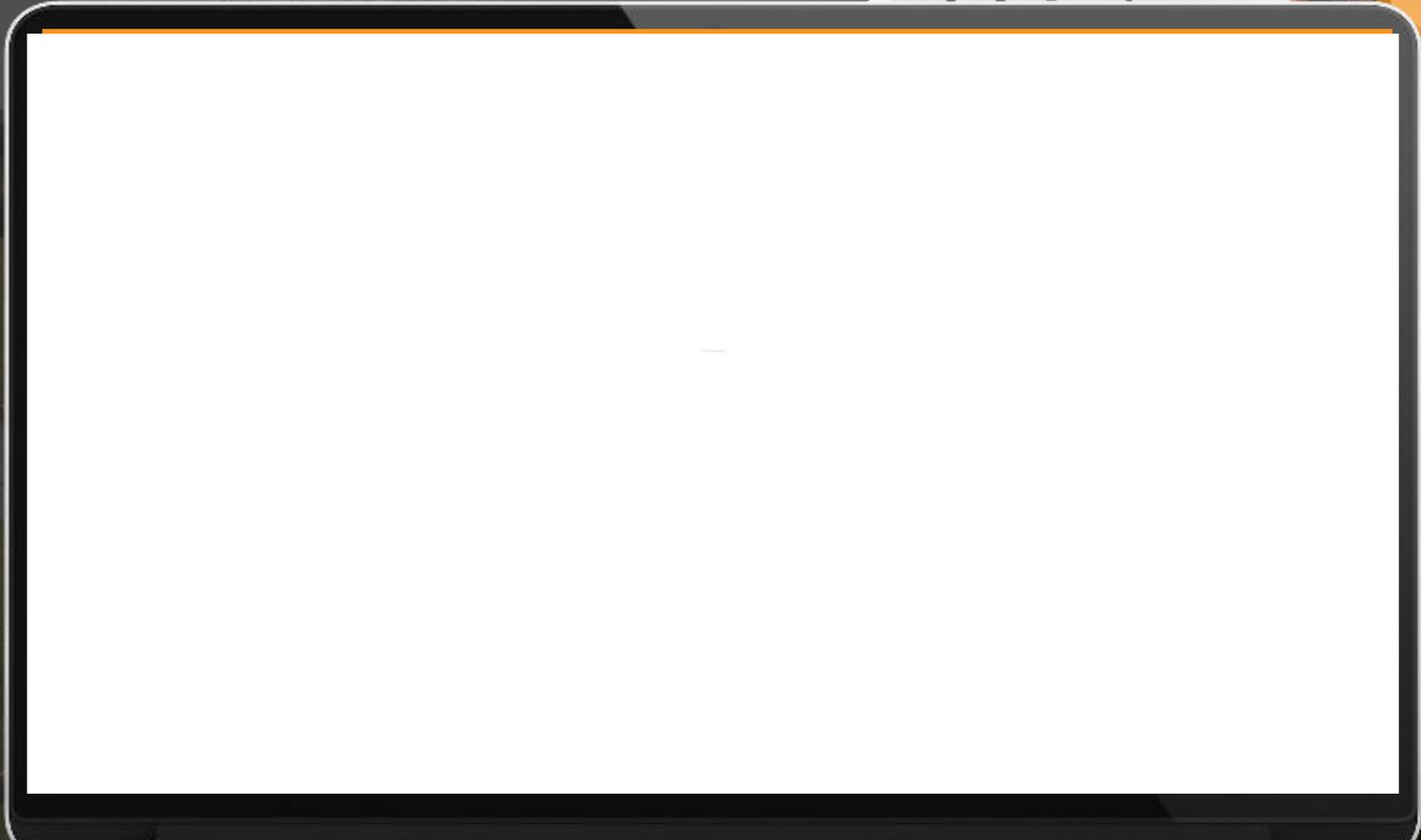
Functional Golf Swing and Body Training Equipment

- Power Peel
 - Resistance
 - Reactive Neuro Muscular Training
- Orange Whip
- Lightspeed

BEFORE USING THE PEEL



FLAWS AND FIXES



BEFORE USING THE PEEL



LIGHTSPEED



ORANGE WHIP



POWERPEEL



- Create proprioception – balance, feel, awareness
- To use, 5 swing skills performed with four components of FGST
- Lightspeed – Deceleration, increase speed
- Whip – Balance, swing plane, timing
- Peel – Reactive neuromuscular training

HOW FEEL IS CREATED WITH 4 FUNCTIONAL TRAINING COMPONENTS

For fitness (efficiency to perform a task) to be gained during training (lesson or workout) and transfer to the performance movements (make "feel" stick), several components of the training movement need to be similar to the actual performance movement. This includes:

Coordination 

Speed of movement 

Types of muscular contractions (concentric, eccentric, isometric) 

Range of motion 

MUST TRAIN THE MOVEMENT NOT THE MUSCLES



The brain, which controls muscular movement, thinks in terms of whole motions, not individual muscles.



Exercises that isolate joints and muscles are training muscles, not movements, which results in less functional improvement.

NO HINGE SWINGS

RUSSIAN TWISTS





**ADD STANDARD EXERCISES
DURING THE SWOD TO ASSIST
TO STRENGTHEN A WEAK LINK
OR IMBALANCE IN THE WHOLE
MOTION.**





Golf swing skills and fitness elements, improved by functional golf swing training during a daily prescribed swing workout of the day and other hitting and fitness routines.





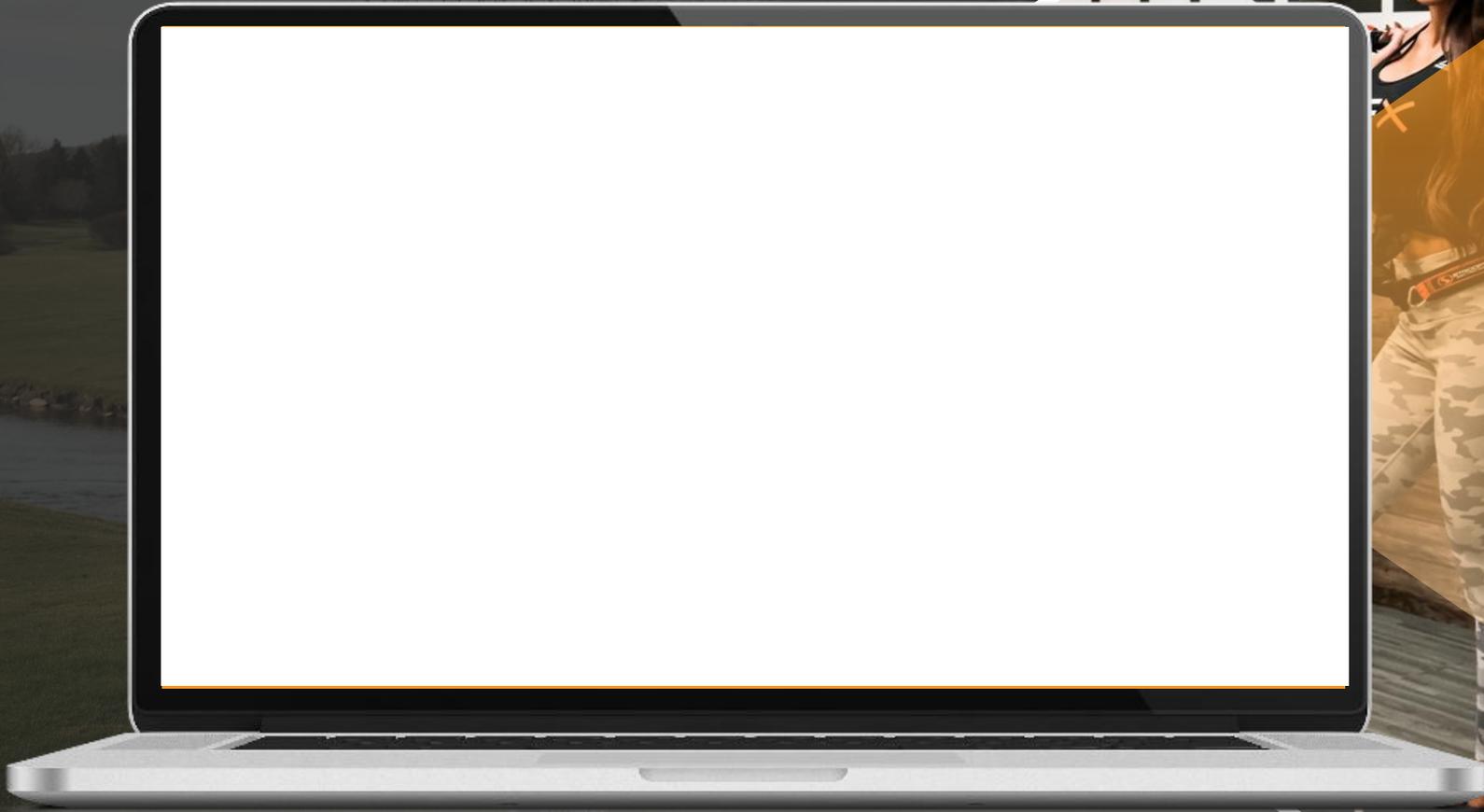
Complete Golf-lete

Someone who is efficient at sending a ball towards its intended target. Measured by the following standards.

1. Functional Swing Fitness elements and Application to Swing Skills
2. Swing Skill Coordination and Technique
3. Fundamentals
4. Ability to apply these to the performance movement of sending a golf ball towards its intended target.



TECHNIQUE + FUNCTIONAL FITNESS = GFX





Golf Fitness X
is an **online streamable**
golf fitness and swing improvement program.







USING THE FUNCTIONAL GOLF SWING AND BODY SCREENING INTERACTIVE COACHES' FORM

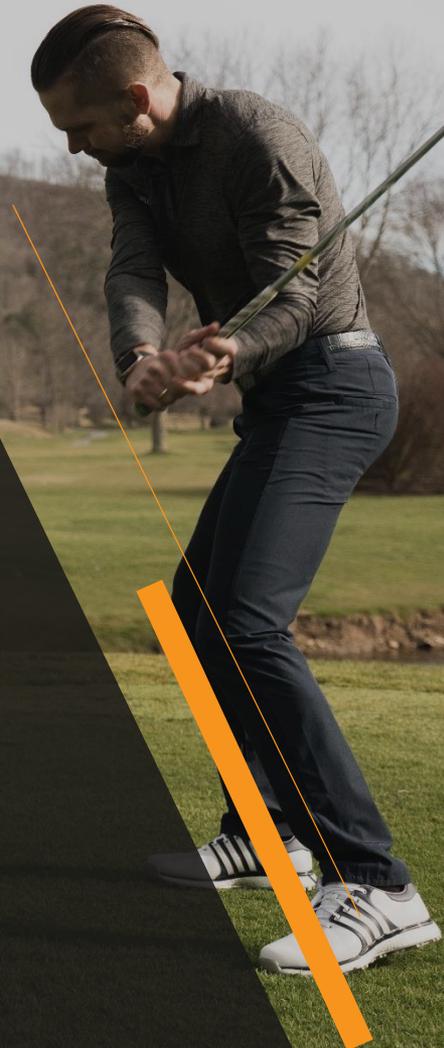




The Functional Golf Swing and Body Screening screens for coordination and fitness elements needed to apply the swing skills during foundations.



Able to provide a customized approach, under the guidance of a GFX Certified Professional, to increase specific swing skills and fitness elements while continuing to maintain the functional golfer training model.



FUNCTIONAL GOLF SWING AND BODY SCREENING

