

GOLF FITNESS

Verve Health & Fitness



WHY TPI?

Titleist Performance Institute is the leading source for golf fitness. A TPI certified fitness instructor can provide you with a golf specific functional screening and fitness programs that, for years, were only available to Titleist Tour Players.



Wondered why your game is often worse after a lesson?

Tired of joint aches after a round of golf?

Want to add another 20 yards to your drive?

To get started with a golf specific training program contact Michael Lin with Verve at 703.887.0839.

Training Details:

- Our golf specific functional screening process enables us to determine how your body is working throughout your golf swing. You will find out exactly what your weakest links and joint limitations are.
- We will provide you with personalized workout routines that will target your problem areas.
- Once the weakest links are minimized/eliminated, we will work on your power, consistency and efficiency with your golf coach using 3-D Motion Swing Capture. We will help you find your "ideal" swing!

