

# 3 Tips to Boost Your Golf Performance



## Tip 1: Mobility

Most golfers think they're flexible enough—until we test them.

Limited thoracic rotation, poor hip mobility, or tight ankles can rob you of club speed and control... or worse, invite injury.

# Tip 2:

# Core Strength

Your core connects your upper and lower body, which means if it's weak or undertrained, your swing's losing power and precision.

Our personal training sessions include golf-specific core work that translates directly to your game.





# Tip 3: Balance & Coordination

Ever noticed how much time you spend shifting weight and balancing mid-swing?

If your training doesn't include single-leg stability, dynamic balance drills, and foot/ankle strength—you're leaving consistency and control on the table.



At BodyFit, we offer one-on-one Balance & Agility sessions tailored for golfers, so you don't just move better—you move with confidence.

Ready to Train Like a Golfer?

You don't need to guess. We've built the playbook.

Our Golf Performance Program includes:

- The Golf Physical (comprehensive TPI-based screening)
- The Golf Power Screen (to test explosiveness + force production)
- Personalized strength and mobility training
- Clinical Nutrition support
- Stretch therapy and recovery

Contact us

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