

**DO YOU WANT TO KNOW
HOW THE TOP TOURING
PROFESSIONALS ARE TUNING
THEIR SWING TO PERFECTION
WITH PHYSICAL TRAINING?**

The Perfect Swing program includes:

- Your own personal web page on the www.mytpi.com portal
- A detailed analysis of your physical screen and how you compare to the pros
- Three months of online golf fitness programming customized to address your physical limitations
- All of the coaching support you need to use these tools to take your game to the next level.



CONTACT

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MYTPI
PRO.COM
AUTHORIZED GOLF FITNESS PROVIDER

**ELEVATE
YOUR GAME.**



**TITLEIST
PERFORMANCE
INSTITUTE
CERTIFIED
GOLF FITNESS
PROFESSIONAL
MARK COATES**

**TITLEIST PERFORMANCE
INSTITUTE CERTIFIED GOLF
FITNESS PROFESSIONAL MARK
COATES IS NOW WORKING
TO BRING GOLFERS IN
WESTERN CANADA THE MOST
COMPREHENSIVE AND CUTTING
EDGE APPROACH TO TRAINING
FOR IMPROVED PERFORMANCE.**

**THE
PHYSICAL SCREENING**

- 1.** The primary goal of the screening is to identify any physical limitations that will negatively affect your golf swing.
- 2.** Without addressing these physical limitations you will develop poor movement patterns to compensate for mobility and stability issues. Swing faults are a direct result of compensatory movement patterns.
- 3.** We correlate the findings with the biomechanics of your swing. Then we use corrective exercise prescription to correct movement patterns and remove swing faults from your game.
- 4.** The screening procedure generates a detailed analysis of the results that explains how the findings relate to your swing. It also provides you with a direct comparison of your test scores with that of the top PGA touring professionals.
- 5.** You will be assigned a golf fitness handicap from 0 to 35. Zero indicates that you have no physical limitations, and thirty five indicates that you need to spend some more time in the gym to address your weaknesses.
- 6.** The information from the screen is shared with your golf pro so that they are better able to help you with your swing technique and mechanics. The result is a more efficient, repeatable swing faster than could be achieved without this team based approach.

**THE
PROGRAM**

- 1.** Your program is delivered and accessed online through the www.mypti.com portal. You will have your own web page with access to your evaluation findings, your program, and videos of each exercise contained within it. You can print off the results and photo progressions of each exercise—this makes the program extremely portable and accessible.
- 2.** We take the results of the screen and build you a custom program to address your individual limitations. This means your time is spent more effectively training to improve your game.
- 3.** The program is based on corrective exercise prescription, and our objective is to improve your performance by targeting the limitations uncovered in the screening.
- 4.** The training program is also periodized annually to peak your performance for when it counts, and to avoid overtraining and injury.
- 5.** You will be asked to log completed sessions to hold you accountable. You will also be emailed reminders of your upcoming golf sessions, and when it is time to rebook a screening to see if you are making progress. We redevelop your program from here.

