

# *Team Fitness Program*

## *Brian Booher, PGA*



**Central Ohio Golf Academy**



### **TITLEIST TPI CERTIFIED FITNESS INSTRUCTOR**

COGA Lead Instructor, Brian Booher, is now providing TPI assessments and workout programs golf teams as well as individuals.

### **What is TPI?**

TPI is a program designed to determine a player's physical limitations related to the golf swing. It measures mobility, stability, flexibility, strength, and coordination to determine your golf fitness handicap. Then a player's assessment information is used to develop a fitness plan based on your goals, your time and your needs in order to improve the areas where there are deficiencies.

### **What you get:**

Brian will meet with your team twice: Once at the beginning of the program to assess each player and then 6 weeks later to reassess each player.

Each player will receive a 12 sessions (6 after the initial assessment and 6 more after the re-assessment) that are engineered by Brian, through the Mytpi Pro program.

They are designed to be done on your own and manage your golf fitness at home. Players can use our personalized on-line video workout guide and interactive calendar to stay on track.

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Questions or to set up a session please contact Brian  
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*Where you will find the direction to play your BEST golf UNDER PRESSURE!*