



Find Your Golf DNA Video Collection

Golf Fitness Considerations

Run time 16 minutes

This instructional video covers:

- Why do we need strength and conditioning in golf
- The modern game
- How do we produce speed
- Broad biomechanical principles
- The dangers of the superstars and social media
- Working at level 1 not 10
- The levels of an effective fitness program
- Anatomy and physiology
- Injury
- How to train the deep postural system
- The two muscular systems
- How to measure efficiency

