

GOLF *Fitness & Performance Lab*

Golfers are athletes! From elite players to weekend enthusiasts, golfers need swing speed, strength and power, mobility, and stability to play their best.

A good golf swing demands precision. Many technical swing problems are related to movement weakness and dysfunction, poor stability, limited mobility, and undeveloped motor patterns.

For more than 30 years, nationally recognized exercise physiologist James Keravich and the highly trained staff at Team Fitness have evaluated, assessed, and coached medical patients, fitness enthusiasts, and athletes using modern exercise science.

Team Fitness presents the most sophisticated and comprehensive golf fitness and performance program on the Seacoast..where

GOLF SCIENCE meets EXERCISE SCIENCE

We've built a science-based golf fitness program through a deep understanding of the body-swing connection and cutting-edge exercise science.

James is certified by Titleist Performance Institute (TPI), the world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing.

MORE *SPEED*

MORE POWER

MORE DISTANCE

INCREASE SWING SPEED BY 4-10 MPH IN 3 TO 8 WEEKS

That's 12-30 yards *more* off the tee.

THE PROGRAM

BODY LAB

Evaluation & Assessment

A series of screens and evaluations to test the student's strength, power, stability, mobility, and swing speed

TPI Physical Screen

A series of movement tests to screen a player's stability and mobility patterns

BODITRAK Analysis System

Analyze, improve, and validate golf performance with force/pressure and balance data.

K-COACH Ultimate Coaching Platform

The all-new K-COACH evaluation translates precise 3D motion data into an easy-to-read report.

Step 1

Student makes 7 swings while wearing sensors

Step 2

K-COACH evaluation is generated

Step 3

Review the findings and build individualized golf-specific exercise prescription

TRAINING LAB

Exercise Rx and Programming

Experience hundreds of golf-specific exercises and modern functional training protocols.

Explosive strength

Rotational speed

Power Development

Thoracic Spine Mobility

Global Spine Stability

Core Stability / Action & Reaction

SuperSpeed Golf™

The science of overspeed training. Increase swing speed by making the body move faster during a known motor pattern to reset the normal reaction of the body...5% gain in swing speed in 6 weeks.

Increase swing speed by 4-10mph.

Result: Increase of 12-30 yards off the tee.