

# Power Golf



## Champions Package Single

- 1 biomechanical golf swing analysis
- 1 golf physical evaluation
- 5 one-on-one training sessions
- Cost: \$300 with video swing analysis

### With Partner

- 2 biomechanical golf swing analysis
- 2 golf physical evaluations
- 7 training sessions with partner
- Cost: \$400 with video swing analysis

## Masters Package Single

- 1 biomechanical golf swing analysis
- 1 golf physical evaluation
- 8 one-on-one training sessions
- Cost: \$450 with video analysis

### With Partner

- 2 biomechanical golf swing analysis
- 2 golf evaluations
- 10 training sessions with partner
- Cost: \$600 with video analysis

## The Ultimate Combination for Enhanced Golf

Power golf is one of the only programs to combine motion analysis technology with the guidance of an expert in the field of orthopedic & sports physical therapy.

By recording the specific movements of your body, we can analyze the biomechanics of your swing. When you combine this data with a personal fitness evaluation, you can better identify your individual strengths & improve upon your limitation — ultimately calibrating your body and mind for years of improved, enjoyable golf performance.



Ruben Salinas is a Doctor of Physical Therapy with over 18 years of clinical experience. He is a board certified orthopedic clinical specialist and recognized by the NSCA as a certified strength and conditioning specialist. His experience conducting biomechanical research while earning his Master's Degree at USC, combined with his clinical experience has allowed him to develop this unique golf training program.

Because of his diverse background, he is able to effectively evaluate the anatomy of the golf swing and golfer, and develop effective performance enhancement programs.

## Train Like a Pro

In a few one-on-one sessions with Ruben, you can:

- Increase club swing range by improving joint flexibility
- Increase club head speed by improving muscular strength and power
- Improve consistency and accuracy with your swing by enhancing static and dynamic postural balance and coordination
- Treat and prevent common golf injuries.
- Return to tee following an injury or surgery
- Extend the life of your game — for years of pain-free enjoyment.