

#Lockdown21 Online Subscription Training



DAVID  RR
GOLF



**You'll have good days, bad days, overwhelming days, too tired days, I'm awesome days, I can't do it days and every day –
YOU'LL SHOW UP!**

#Lockdown21 Online Training

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GOLF



If you'd like to keep focus on golf and fitness this lockdown, why not think about subscribing to our Lockdown21 Programme which consists of 5 x 15 minute sessions on golf & fitness hosted by Gordon Hill, PT and myself. Price for Package is £50 (£10 per session) and all videos can be downloaded to a tablet or mobile device. Take us with you to the driving range and keep focussed over the next few weeks!



Session 1 – TIME & HOW TO USE IT WISELY:

Get the most out your game and know your limitations and how YOU can improve.

Session 2 – HOW TO HIT MORE GREENS:

Learn how to improve from 100 yards; improve set-up, swing shape, trajectory and course management.

Session 3 – DRIVE THE BALL FURTHER, REGARDLESS OF AGE, H'CAP/ABILITY:

Benefits of Technology, Strength, Technique and Impact Position.

Session 4 – SKILLS FOR GOOD COURSE MANAGEMENT:

Learn how to form a game plan that's right for YOU. What does this involve?

Session 5 - SAVE SHOTS WITH A BETTER SHORTGAME:

This part of the game is practised the *least* but will save you the *most* shots!

Session 1 – GOLF SPECIFIC MOBILITY EXERCISES – ALL AGES

Session 2 – GOLF SPECIFIC STRENGTH EXERCISES (no equipment)

Session 3 – THE IMPORTANCE OF MOVING

Session 4 – STRETCHING EXERCISES TO MAINTAIN FLEXIBILITY

Session 5 - NUTRITION TIPS FOR GENERAL HEALTH & WELLNESS

