

FAST TRACK SPEED PROGRAM

FITNESS AND GOLF
TO TAKE YOUR SWING TO THE NEXT LEVEL



NO MORE EXCUSES

This is your chance to
make a great change to
your game with the best
online program.



How does it work?

- 6 weeks of fitness and golf coaching
- 3 Fitness sessions + 2 golf sessions per week
- We use the True Coach app, the best tool to access all the videos and maintain communication
- Train anywhere anytime
- Every week new workouts, drills and challenges for you
- Communication 24/7 with the coaches



Why does it work?

Increasing speed requires you to make a more efficient movement pattern by making both physical and technical changes. That's why we offer both trainings in one, to make you reach your goals faster and permanently.

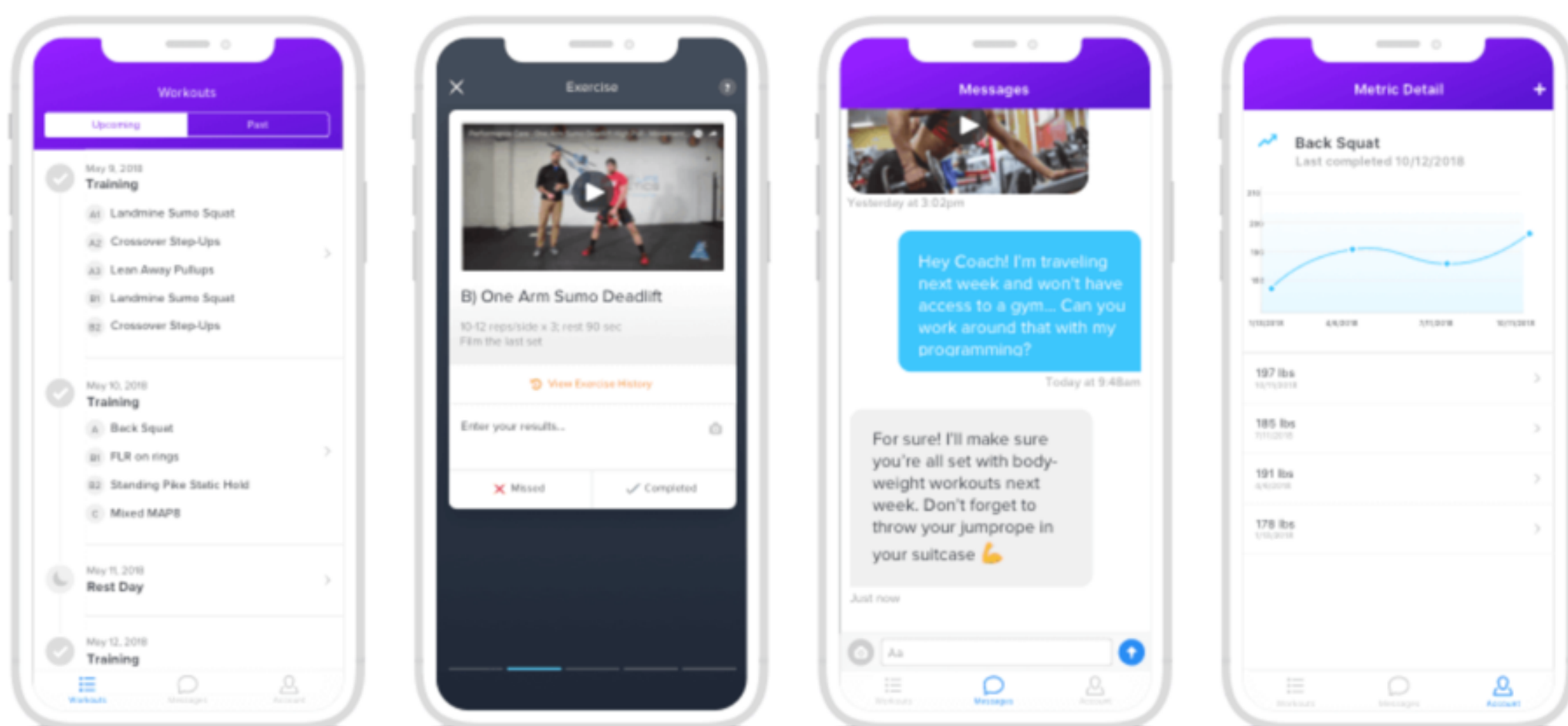
Our online program is based on science and more than 10 years of experience in the golf industry.

Join our community now! and see it for yourself

6 WEEKS - \$300.00



With the True Coach app you'll have all videos on demand and your compliance rate and progress measured weekly



Weekly challenges and bonus exercises!

Q&A

- Do I have to go through all the protocols?

Yes! it's important to follow the intended progression to allow your body to adapt and perform.

- What if I miss one or two sessions?

You can go back on another day and do the session anytime and mark it complete. Your compliance rate will be important to measure engagement and progression.

- How does the weekly webinars work?

We will send a Zoom link to all clients to join us on Fridays to talk about different subjects related to golf and fitness. It's a great opportunity to share experiences and learn from the coaches



Daisy-May Kenny is an ACSM Certified Exercise Physiologist with a master's degree in exercise science and a research specialization in sports biomechanics. Daisy-May's biomechanics research included measuring the affects of interventions on 3D biomechanics and ground forces using Vicon Nexus and Kistler Force Plates. Daisy-May has presented nationwide for BodiTrak Sports and SuperSpeed Golf.

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Africa is a Physical Education Graduate and a ACSM certified trainer. With more than ten years in the golf business, she was one of the pioneers in Latin America to work with Golf fitness. She has been part of the Brazilian National Team and has lectured all over America. With a vast knowledge of techniques like Olympic lifting, Pilates and kettlebell training. Her certifications include TPI Fitness 3, Medical 2 and Golf 2. Boditrak Biomechanics and SFMA

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