

Ready to improve your swing and feel better doing so?

Learn How to get more flexible, move better, improve your rotation and hit ball farther in just 6 weeks with
Premier Fitness Solutions
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www.premierfitnesssolutions.com

It is very typical for anyone over 40 who has a desk job, to develop tightness in their chest, thoracic spine, and hips, as well as lower back resulting in inability to efficiently rotate, and hit the ball well.

Hey there,

If you're reading this, it probably means you're interested in improving your ability to hit the ball further, without constant back pain and discomfort.

The good news? You're in the right place.

We understand how you feel, as we helped many golfers like yourself improve the way they move, and increase their core strength to hit the ball farther, while reducing the pain in their shoulders and lower back.

By utilizing simple flexibility and mobility exercises, and progressive core strengthening exercises for our clients we helped them to feel better on the golf course and off of it. It this 6 week program

What you'll improve:

- Flexibility
- Core strength
- Confidence

Golf is a mental game, that is why getting more flexible and stronger will allow you to start trusting that your body will do what it needs to do in order for you to relax and enjoy this sport.

Why Trust Us?

we have been in the fitness industry for over 25 years, and we've helped hundreds of people just like you.

Testimonials:

"Amazing program! It is geared specifically to your individual needs
I learned so much!"

— **Liam L**

"I was skeptical at first, but I move so much better now, and my lower back is not stiff even
after 36 holes"

— **Dennis N**

"My handicap went from a 9.8 to a 5.1"

-**Dan Weck**

Ready to get started?

Just enter your contact information below to get your complimentary movement
assessment session.

<https://premierfit.wufoo.com/forms/z1yp1axs0921bti>