



## **Tour Golf Fitness Training**

**Play Strong & Play Long,  
exclusively at Highlander Elite.**

**Elite Sports Clubs announce the arrival of our exclusive "Tour Golf Fitness" Training Program. This program will increase your flexibility and strength which will give you faster club head speed and more distance. Each segment of the swing is thoroughly conditioned using patented equipment.**

**The training program has three components:**

- **Flexibility**
- **Circuit Training**
- **Iso-Rotation**

**Using the Proflex Stretch will increase your flexibility and range of motion by 30 to 50% giving you a bigger turn and a wider arc. Circuit training will safely improve your total body muscle strength and endurance allowing you to reach your full golf potential. The program teaches you specific iso-rotational exercises to strengthen your trunk for increased hip stability while generating a full shoulder turn.**

**Call 262-754-3470 for pricing**