



2 DAY LIVE WORKSHOP SYLLABUS

March 2-3, 2020
Northgate Country Club
17110 Northgate Forest Dr.
Houston, TX 77068

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[Day 1 March 2, 10:00 am - 6:00 pm](#)

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Day 1 - 10:00 am - 6:00 pm

30 minutes - REGISTRATION

15 minutes - WELCOME TO GOLF FITNESS X, GET READY TO CHANGE BODIES AND BALL FLIGHTS

- ✦ Learn who we are, why a certification and what GolfFitnessX.com is. Then, learn how by bridging the gap between golf instruction and fitness, Golf Fitness X improves swings twice as fast and how this lead to its creation and implementation around the country.

15 minutes - THE GOAL OF GFX, CREATE THE COMPLETE GOLF ATHLETE

- ✦ Learn the 4 GFX Complete Golfer Standards and how GFX's online programs and enhanced Orange Whip Products improve each one.

15 minutes – THE QUESTION. WHY DO TOUR PLAYERS SWING BETTER THAN THE AVERAGE GOLFER AND HOW?

- ✖ In this section, we break down what elite golfers do during their swings, how they do it and what got them to their current level. Learn how we can improve the average golfer by measuring and identifying the 5 GFX Swing Skills and 4 GFX Functional Fitness Elements and why training both at the same time must occur.

15 minutes – THE GAP IN GOLF INSTRUCTION AND FITNESS. THE BRIDGE. THAT’S X.

- ✖ We evaluate traditional golf and fitness program offerings and the challenge we face as industry professionals to provide both. Understand why the average golfer continues to struggle with swing improvement due to the gap between coordination and fitness and how the “X” in GFX bridges the gap between both.

45 minutes – THE GFX SWOD or SWING WORKOUT OF THE DAY AND THE IMPORTANCE OF TRAINING SWING COORDINATION AND FITNESS AT THE SAME TIME.

- ✖ Go through a SWOD to better Understand GFX’s flagship workout program and the science behind functional golf swing training. See firsthand, how the SWOD’s functional fitness and swing coordination training improvements, transfer directly into the performance movement of striking a golf ball, in just one workout.

15 minutes – HOW GFX CONTINUES TO CREATE THE COMPLETE GOLFER BY IMPROVING THE PERFORMANCE MOVEMENT OF HITTING A BALL AND FUNDAMENTALS, 1 AND 4 OF THE COMPLETE GOLFER STANDARDS.

- ✖ Experience how GFX On the Range Drills and Fundamentals improve the Complete Golfer Model.

45 minutes – LUNCH

- ✖ Lunch is provided

15 minutes – UNDERSTANDING THE FOUR GFX SWING FOUNDATIONS, THEIR SEQUENCE AND HOW EACH OF THE 5 GFX SWING SKILLS TAKE PLACE TO DEFINE THEIR POINTS OF PERFORMANCE.

- ✖ Learn what must happen for the golf swing to occur and how its success is based on how efficient the 5 swing skills are performed during each foundation. Gain an understanding of Tour Player standards and how we measure and identify these skills in our athletes.

1 hour 15 minutes – THE GFX SWINGS FOUNDATIONS OF POSTURE AND BACKSWING, AND THE FUNCTIONAL GOLF SWING AND BODY SCREENING

- ✖ Break down how the best players in the world apply swing skills and fitness during these first two swing foundations and how with the Functional Golf and Body Screening you can compare your athletes to their standards.

45 minutes – THE GFX SWING FOUNDATIONS OF IMPACT AND FINISH

- ✖ Continuing to swing foundations 3 and 4, further understand their points of performance and identification process.

15 minutes – USING THE GFX COMPLETE GOLF SWING AND BODY SCREENING

- ✖ Use the screening in its entirety to provide a plan to guide athletes through GFX with a more specific program to increase skills and functional fitness.

1 hour – HOW TO USE THE SWOD FROM GOLFFITNESSX.COM

- ✖ We show you how to take your results from the screening and apply them to a specific SWOD using the website. Learn about the workouts, their format, equipment set up and more with this hands on approach to GolffitnessX.com that mimics what your athlete would experience while using the website.

15 minutes – BREAK or SPEED ROUNDS

1 hour – APPLICATION OF GFX AS A CERTIFIED PRO

- ✖ We provide you the tools to build your brand, community, and business while implementing GolfFitnessX.com Online Membership and Equipment into Your Athletes Golf and Fitness Routines.

Day 2 - 9:00 am - 5:00 pm - GFX Certified Coach Syllabus

15 minutes - DAY 1 REVIEW

1 hour 15 minutes - HEAD COACH LED SWOD

- ✖ Participants will do the Swing Workout of the Day posted on GFX led by a GFX Head Coach

15 minutes - BREAK

45 minutes - 9 STEPS TO PROVIDING A BODY & BALL FLIGHT CHANGING SWOD

- ✖ Master the steps to provide GFX in person with this simple, easy to follow model.

1 hour - COACHING GFX SWING SKILLS DURING FOUNDATIONS

- ✖ Break into groups to practice how to cue your athletes to improve their skills and application of fitness.

45 minutes LUNCH

- ✖ Lunch is provided

1 hour - USING DEMO VIDEOS TO PROVIDE FIT-SKILL POINTS OF PERFORMANCE

- ✖ Use the demo videos and your knowledge of the swing skills to improve your athletes swing foundations and fitness.

30 minutes - SAFETY AND LIMITATION IDENTIFICATION

- ✖ Grasp liability as an instructor as you learn how to modify GFX programming

1 hour 15 minutes - SWOD LED BY FOURSOMES

- ✖ Foursomes will lead attendees through a Warm Up, SWOD and Cool Down as they are scored on their application of the 9 Steps to providing a SWOD. Video feedback will be provided.

15 minutes - SUMMARIZE AND WRAP UP

- ✖ Test info
- ✖ Equipment orders

✕ Continuing education with GFX

Learn more at www.golffitnessx.com/certification