



All movement that you produce in your natural pattern is energy efficient. When it comes to train Athletes in Golf, it is crucial to identify their natural body preferences. We are living inside an imitation World. In fact, we love reproducing what is good for us to others...but we are all different. Are we? Here a quote from Marguerite Yourcenar "Our great mistake is to try to exact from each person virtues which he does not possess, and to neglect the cultivation of those which he has." Think how smart our body is. A simple posture or movement is going to activate a full body reaction and affect our spirits and interaction with our environment, in a good or bad way. Golf is a big puzzle to resolve. If you don't have the right pieces, you will never be able to assemble it together.

At Hartland Movement center with a Biomechanics preferences analyst certified in Europe, we offer to resolve 2 big essentials parts of this Puzzle. What is the first thing that a Golfer needs to fix? The posture. The one who will give you the most stability through your swing. But how many times are you changing your posture on the golf course for X or Y reasons? Consistency in Golf is the key. You cannot be consistent if you change it all the time. And the second? The Movement piece (The swing). The one which will give you the best possible coordination. From a biomechanical point of view, Golf is one the hardest moves in Sports. Look at the PGA tour players, they all have their own moves, their swings signatures. You can recognize a player simply by seeing their swing on TV. They all are using their innate strength.

The unique coordination test that we provide will give you answers. Stop gambling with your game. When you identify your best profile, you can start your journey in full knowledge of the facts. You can start working in your innate strength and also understand where your weaknesses are. You can 110% individualize your program of Stability, Mobility and Strength training to optimize your performance. Combine with the well-known TPI program and Gray Institute Functional Golf, specialist of Movement we provide one of the best Golf Conditioning program as possible. Based on your biomechanics preferences. Your uniqueness. Time to be back in the heart of your system. Our studio, located in the heart of Hartland, offers an awesome golfer experience. We have a golf simulator, the superspeed program at your disposal and the best of all, a wonderful community. Come share your passion of golf and meet us!

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