

# **Empower Building A Transformational Experience**

**We design exercise programs so people can keep  
doing the things they love**

Within this program is a progressive step by step exercise program to Pain Free golf after 50, in 10 minutes guaranteed.

- There are 3 levels to the program
- Exercises are cumulative with each building on the other
- Start at basic level and progress at your own pace.
- This program if followed is guaranteed to bring you pain free golf with a relatively small amount of time invested.

I not only feel your pain but I have been in your shoes and I know the path and I can guide you to pain free golf. I will show you how to get my program absolutely free at the end of this report.

Would you like to play a round of golf without feeling like you need to sit in a hot tub after the round? Would you like to hit the ball farther and

straighter than you do now or maybe than you did at an earlier age? I know how you feel because I have been there.

Are you willing to commit 10 minutes a day to achieve this? Are you willing to follow a program that may be different than what you have experienced in the past? If you answered yes to these questions then read on.

## **10 reasons you may have pain in your golf body.**

**It is not your fault.**

### **Possible sources of pain.**

**1. Back pain: Caused by deterioration of the disk** or a pinched nerve that may need attention from a doctor, or chiropractor, but there could be many reasons for back pain, so let's look at a few you may not have thought of.

**2. Back pain Caused by overloading the Back muscles:** Either weak core muscles cause this or improper use of the core muscles. Your core muscles include your stomach and back muscles moving as a unit. I will train you to strengthen and use the core as a unit. Can you see how this could help you?

### **3. Back pain Caused by compression:**

All day every day we have gravity pressing down on us and after 30 or 40 years, the spine becomes more compressed as it reacts to this downward pressure. Doesn't this make sense?

### **4. Back pain Caused by tight back muscles**

Have you or someone you know been to a Chiropractor and had them make an adjustment in the spine?

It feels better but the person has to go back again and again because the adjustment does not last. The reason may be tight back muscles.

If the muscles around the spine are tight, they may be holding the vertebrae out of place. I will show you how to lengthen the muscles around the back so the spine can move more freely.

Can you imagine yourself swinging the club with an easy, fluid motion?

## **5. Back pain Caused by Trauma to the muscles**

An accident or maybe a fall at a younger age can manifest in your body years later and may be affecting your swing by keeping your muscles tight

I will show you how to lengthen those muscles around the mid back so the swing is smoother and unencumbered.

## **6. Neck pain Caused by tension:**

Try bending over and letting your head drop. Notice if you are holding your head up. If you are, ask yourself why?

You are upside down so there is no need to. Many times we hold on to tension because we are in the habit of it and are not even aware of it.

## **7. Neck Pain Caused by compression:**

Just like the rest of the spine, the neck muscles (the cervical) may become compressed.

I will show you a method that I use to release compression in the neck muscles. Wouldn't it be great to lose the pain you have been carrying in your neck?

## **8. Pain in the calf muscles:**

Tight calf muscles may cause this. If you think about it, many of us walk around on cement or concrete much of our adult lives. There is no give in concrete, so the muscles may become tight.

## **9. Pain in the Hips:**

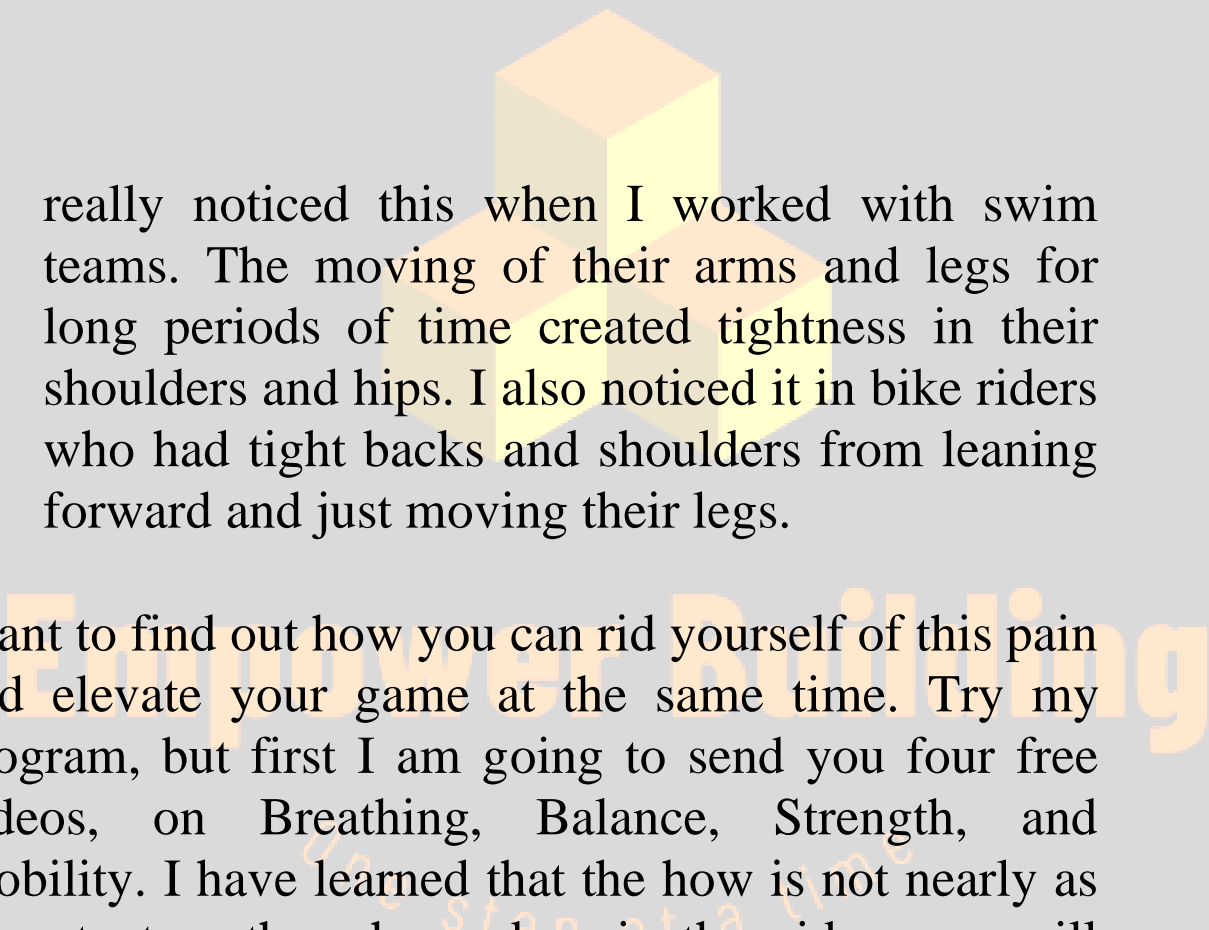
This may be caused by tight hip muscles. If you think about it, we spend a lot of our day on chairs, on car seats, and on toilets.

Our hips are elevated and the muscles in the hips get tight over time. I will show you how to lengthen the muscles in the hips which may create more freedom to move and release the pain that comes from that tightness. Wouldn't you love to have greater hip mobility and lose the pain in your hips?

## **10. Pain in the Arms and shoulders:**

A great master teacher told me this, years ago. *“Repetitive motion will cause stress in the body”* What exactly does that mean? It means that if you perform the same function over and over again it will build stress in the body and stress will lead to pain.

This includes exercise such as bike riding, swimming, and yes, swinging a golf club. I



really noticed this when I worked with swim teams. The moving of their arms and legs for long periods of time created tightness in their shoulders and hips. I also noticed it in bike riders who had tight backs and shoulders from leaning forward and just moving their legs.

Want to find out how you can rid yourself of this pain and elevate your game at the same time. Try my program, but first I am going to send you four free videos, on Breathing, Balance, Strength, and Mobility. I have learned that the how is not nearly as important as the why and so in the videos we will explore the why.