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TPI Level 3 Fitness Certification SEMINAR OUTLINE

Day 1 – Master The Diagnosis & The Body-Swing Connection

Day One is a complete immersion into the world of TPI. Learn and practice performing the entire TPI Fitness evaluation. Each participant will master the process of screening a golfer for mobility, stability, strength, power, agility and endurance.

It's now time to learn how to master the progressions needed to fix the faults identified in the Level 1 screen. Learn our favorite progressions to fix everything from a failed Pelvic Tilt Test to the Lower Quarter Rotation Test. We will walk through detailed progressions including mobility, stability and motor control drills for each screen.

Day 2 – Fitness Progressions

Day Two is focuses on all the workout progressions discussed in the Level 2 Fitness Class. The 4X4 Functional Matrix, 3X3 Strength Matrix and 4X4 Power Matrix will all be covered in extreme detail.

Day 3 – Female Golfers & Nutrition

Janet Alexander will review the differences involved in training the female golfer. She will discuss everything from modifying exercises based on hormone cycles to training the pelvic floor. Robert Yang will also join us and cover all the important aspects of nutritional counseling for golfers.