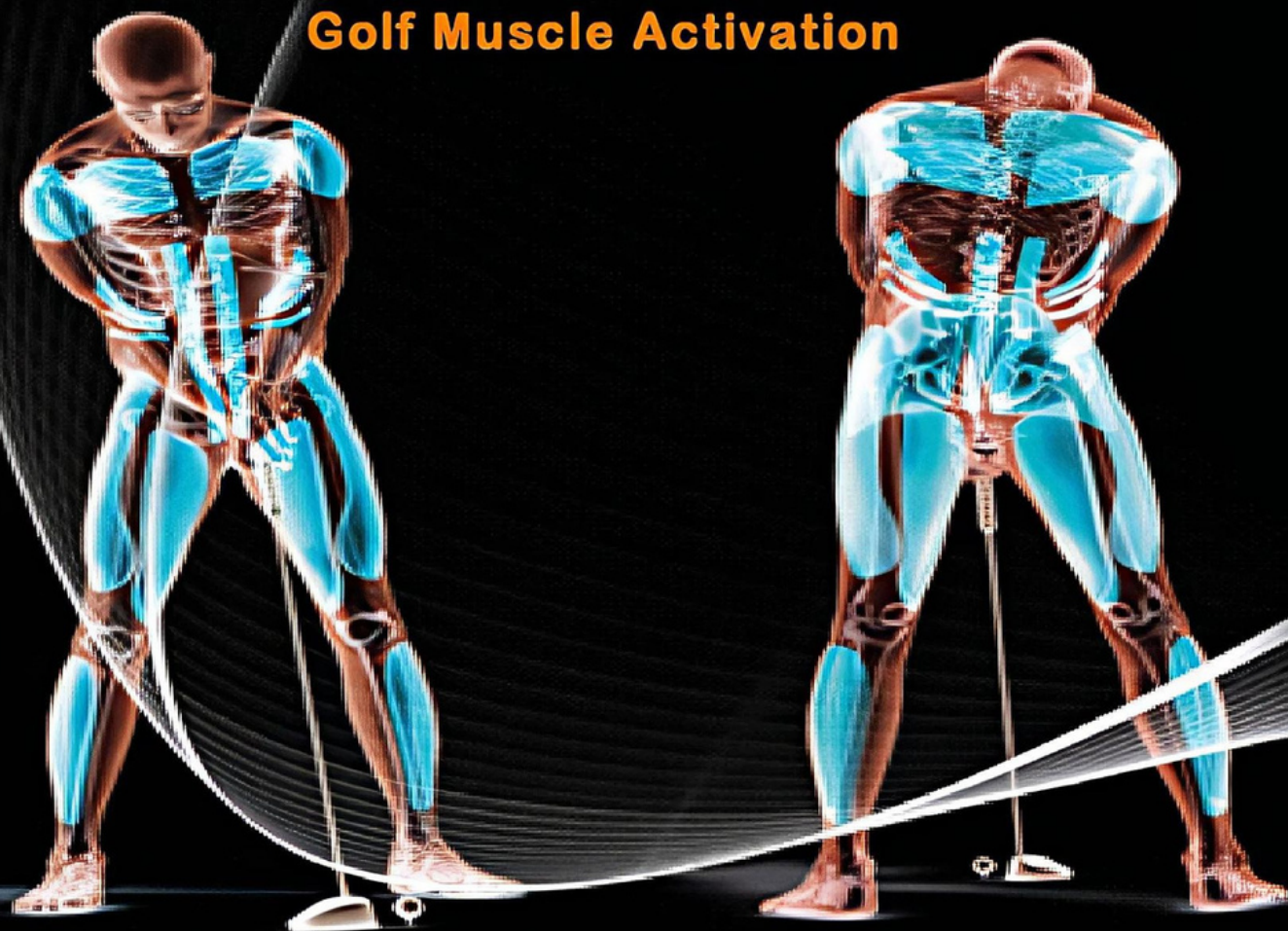


Proprioceptive Muscle Activation



*By Larry Castro
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Golf Muscle Activation



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Larry Castro introduces a groundbreaking approach with his innovative Proprioceptive Muscle Activation™, also known as Sports Muscle Activation™. At the heart of this revolutionary method is the Golf Muscle Activation™ (GMA) program, specially designed for golf, which has redefined teaching techniques and yielded extraordinary results. Further expanding the scope, TMA and SMA have been developed to correct muscular imbalances and enhance overall performance. This method has significantly enhanced functional abilities across various age groups, boosting sports performance and providing immediate, tangible improvements.

Larry Castro's method is founded on a unique proprietary compound training session, meticulously crafted to prime students for learning, enhance their performance, and excel in golf or any sport. This method is deeply rooted in biomechanics, ensuring that each muscle activates instinctively when the body functions optimally, leading to highly efficient performance.

The Golf Muscle Activation™ (GMA) process not only fosters improved muscular balance and awareness during workouts and learning sessions but also maximizes the effectiveness of these experiences. GMA exercises and teaching techniques are particularly adept at addressing potential muscle inhibitions, whether from

intense workouts or the intricacies of a golf swing. Regularly engaging in PMA techniques within 24 hours post-workout can significantly boost recovery and minimize muscle soreness.

This training aims to ensure the correct sequencing and activation of muscles for any given activity, thereby refining mechanics. Instructors are dedicated to igniting a transformative moment during each session, helping students intuitively grasp the feel of the swing and develop a keen neuro-muscular awareness of their movements. Unlike typical golf fitness programs, this method uniquely impacts performance and learning speed, which may lack accurate movement simulation.

This approach is a true game-changer, set to revolutionize golf's teaching and learning experience. Teachers and students alike will witness remarkable results, marking a significant shift in how the game of golf is taught and mastered.

Before a golfer even takes their first swing, our approach ensures they are primed with the correct neuromuscular sensation, bolstered by strength and stability, and equipped with a symmetrical range of motion. This preparation translates into a swing that embodies effortless power, minimizing unnecessary movements. As a result, all fitness aspects are enhanced, including a notable increase in club head speed.

Golf inherently requires extensive motion across various joints. Our "Golf Muscle Activation™" exercises, combined with Fluid Strength™ training and Core Impact Golf™ instruction, are designed to effectively implement the "Square at Release™" method. We focus on unlocking relaxed neuro-pathways and amplifying neuromuscular communication through proprioceptive muscle activation. This enhanced brain-muscle connection fosters appropriate neuromuscular strength, boosting joint stability and balance.

Our methodology simplifies the complex movements of golf, which engage every joint in the body, making them intuitive and subconscious. The key lies in achieving a consistent, powerful, and effortless swing — a fusion of skilled movement and the body's capacity to execute these movements. This innovative approach is a game-changer, promising remarkable results for teachers and students, and is set to transform how golf is taught.

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Assisting a student in feeling the correct swing sensation can be exceptionally challenging, especially when various factors contribute to resistance and flawed techniques:

1. Perception vs. Reality: Often, there's a disconnect between what a student believes they are doing and the actual mechanics of their movement.
2. Physical Limitations: These can range from age-related issues to decreased mobility, insufficient strength, or compensatory postures due to past injuries, among other factors.
3. Inexperience or Incorrect Learning: Students new to golf or those who have learned the game with incorrect techniques often find the movements unfamiliar and challenging to grasp.

There are additional complexities to consider. However, I have developed a personalized progression that effectively prepares or alters any player's swing before they even hit a ball. I can swiftly identify a golfer's specific tendencies and weaknesses through our tailored assessment exercises.



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