



Sample Golf Muscle Activation™ (GMA) Exercise by Larry Castro PGFA Master Instructor

Larry Castro is utilizing his proprietary “Golf Muscle Activation, Fluid Strength™, and Fluid Impact Golf™” programs for a greater level of performance through a progressive style of instruction which prepares the body to learn and perform like never before. We integrate and incorporate the [Professional Golf Fitness Association™](#) (PGFA) performance training and instruction in the same session. With our stacking methods and progressions, we are molding our students into high-performing physical condition they've never experienced before.

In our training sessions, the students go through a series of activities that improve their overall fitness, Golf Muscle Activation™ (GMA), athletic ability, cardio, strength, balance, power and overall ability in the same session. The best results are realized when all of these components are coupled together. The magnificence of the program is that it is scalable and can easily and safely apply to all ages and ability levels.

Sample GMA Exercise

Please note: There are a series of warm-up progressions and activations that are completed prior to doing this drill in which we have engaged proper movement patterns and balance. We will have the client shadow the stroke (without a club), and then direct them to move into the impact position. This exercise is initially performed slowly, but gradually builds speed and focuses on the core impact position as taught in Fluid strength and core impact training. The PGFA instructor will then apply resistance at impact while the client is applying force and initiating the proper movement patterns, positioning, as well as activating the core at impact. The instructor will hold the resistance for 10 seconds and then release. The client is then asked to accelerate to a balanced finish once the instructor releases the resistance.

This drill is also used for assessment purposes which provide a clear picture of the client's imbalances, poor movement patterns and swing faults. This is just one of many things we can accomplish in this position along with executing multiple variations of GMA exercise that help speed and power.

The vital element to being successful with this program is to have a certified PGFA instructor apply and teach these drills. Function and form is imperative to be successful with this program. Unfortunately, I have frequently witnessed instructors with good intentions trying to design or implement performance instruction not focusing on proper form and sequencing.

A typical session generally takes an hour with the last 20 minutes hitting golf balls. This is one of the primary elements to being successful in the program. The PGFA program has created a system that is scalable and can be successful with just a small footprint. PGFA performance centers can be used in health clubs, golf simulators, golf courses, and ranges and have licenses available. Our organization will provide the training, certifications and systems necessary to execute your program. The PGFA also provides certification programs for golf instructors, health professionals, trainers etc. You can also take advantage of our spring special for the [PGFA online training](#).

Or, if you just want to improve, I invite you to visit Larry Castro at his facility www.pgfacp.com for a one-on-one training session. Furthermore, my team can also schedule a clinic or seminar at your location or event.

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