



Golf Programme: Train like a pro!

Ian Gray, former Golf Professional at Banchory GC & Murcar GC, Aberdeen and Rungsted Kyst GC in Denmark, and now Director and Personal Trainer at studioEH1, is delighted to release the company's new Golf Programme.

You will have noticed that the top professional golfers have realised that physical fitness, strength and flexibility is a must to succeed in the modern game.

Power Plate is the perfect vehicle to target all the appropriate golf specific muscles whilst ensuring that flexibility is not diminished in any way. Strength and flexibility is the perfect combination for a relaxed powerful golf swing. Our Power Plate Golf Programme is specifically designed to help you achieve this.

Power Plate training is helping the world's finest golfers perform to their best ability. PGA TOUR players including Mike Weir, Rocco Mediate, Rory Sabbatini, Nick Dougherty and many others count on Power Plate® machines to improve their fitness.



"Introducing the Power Plate machine into my training schedule has had a significant and hugely positive impact. I love the versatility it offers: from stretching, strength and flexibility to massage and relaxation."

Nick Dougherty, The European Tour's BMW International golf tournament winner, June 2009.

