

Golfers

During the Off Season at Home

Learn To:

- **Strengthen Your Core**
- **Stabilize Your Back**
- **Increase Your Back Swing Turn**
- **Increase Clubhead Speed**

With **Individual Instruction** from
Jim Porterfield PT, MA, AT(ret)

Jim is a Hudson Resident and a
Retired Physical Therapist, Athletic Trainer, and
Designer of the Recently Patented Core Builder Pro

For a Nominal Fee:

The Program Includes:

- Delivery of The Core Builder Pro
- Individual instruction either virtual and/or in your home
- 4 - 1 hour weekly, virtual education sessions on topics related to health education, motivation, pain management, and continued strengthening instruction
- Access to Jim by phone and/or email
330-701-9684 - porterja@aol.com

3 to 4 Months of this Program in the Off Season and Spring Golf will be Incredible

- corebuilderpro.org -



This Personalized Golf Specific Home Core Strengthening Program is Simple, Easy to Do, Convenient, and Proven Effective!



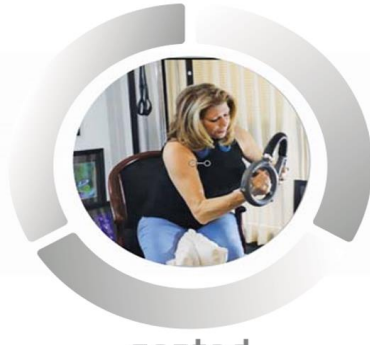
The Program Integrates the CBPro to incorporate sequential and simultaneous contraction of all Core Muscles.

The Result is Efficient Exercise ie. Rapid and Predictable Results with Least Effort
6-10 minutes - DAILY

3 Positions



standing



seated



lying

**Keeping the Golfer on the Golf Course!!
See Testimonies of Golfers and Instructional Videos on the Website**

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