

THE PARRILLO 10 GOLF FITNESS TRAINING PROGRAM

Last month, we showcased the Flexibility Exercises, Golf Swing Acceleration Exercises and Golf Swing Speed Exercises. This month, we are going to cover the final part of this program: The Golf Swing Power and Timing Exercises.



BACK ARM PUSH DRILL

Use your back arm to push the cable forward. You should lead with your hips and follow through.

Do this 20 times on each side.



FRONT ARM PULL DRILL

Use your front arm to pull the cable forward. You should lead with your hips and pull through.

Do this 20 times on each side.



FULL SWING TIMING DRILL

In this drill, it is **CRITICAL** to lead with your hips. Use both hands to fully swing the cable forward. You should feel the torque in your torso and not your shoulders.

Do this 20 times on each side.

PARRILLO

GOLF TRAINING CAMP



**LEARN THE TECHNIQUES YOU
NEED TO ENHANCE YOUR GAME**

WHAT YOU GET

Saturday - Nutrition (1 hour)
February 22 - Golf Specific Training
March 22 -Lunch-
- Driving Range

Sunday - Conditioning
February 23 - Q & A
March 23

ALL THIS FOR \$499!

**February 22 & 23, and March 22 & 23
at Parrillo Headquarters
4690K Interstate Drive
Cincinnati, Ohio 45246**

For more information, please call:

1-800-344-3404 or 513-874-3305