

# GFX LEVEL 1 (PRO) AND 2 (COACH) CERTIFICATION

## 2 DAY LIVE WORKSHOP

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### ABOUT

During our 2 Day Live Workshop, Golf Fitness X will provide enrollees the knowledge and tools to address the swing from both sides of the fitness and instructional spectrum. Once certified, GFX Coaches are able to provide GFX body and ball flight programming to their athletes in a class and private setting.

GFX Coaches have put GFX's patented programming together to change countless golfer's bodies and ball flights. GFX Head Coaching Staff, presenting and providing the the certification, is made up highly experienced PGA professionals, TPI Certified Instructors, Personal Trainers, Golf Coordination & Injury Specialists and Crossfit L1 coaches.

### COST

- \$699

### PREREQS

- Must be a current practicing golf or fitness pro

### 2 DAY LIVE WORKSHOP SCHEDULE AND STRUCTURE

- Day 1 - 10:00 AM - 5:00 PM
- Day 2 - 9:00 AM - 5:00 PM
- At home exam issued following the course

### WHAT TO BRING AND EXPECT

- A notebook and writing utensil
- A cell phone, lap top, or tablet that you are comfortable extrapolate online content from
- Wear workout clothes, sneakers and any outerwear to be comfortable

Learn more at [www.golffitnessx.com/certification](http://www.golffitnessx.com/certification)

- Bring snacks and water
  - There is a water fountain available
- Lunch is provided both days

#### **WHAT IS ACQUIRED AND LEARNED THROUGH THE CERTIFICATION?**

- 14 MSRS and CEC (TBD) from equipment and GFX Membership sales.
- 15% commission from GFX Equipment and Online Membership Sales
- Access to the Online GFX Interactive Course Module
- GFX tee shirt
- GFX test voucher
- Access to the GFX at home screening module
- Access to GFX daily programming for 1 year
- Instructor's only Facebook page access
- Personal use discount on GFX Equipment

#### **REQUIREMENTS TO MAINTAIN STATUS**

- Must pay annual dues of \$99, following the first year of their certification to maintain access to programming.
  - If they move up to Head Coach this fee is waived or if they have over 20+ athletes training under them.
  - If an additional GFX track is taken the dues are waived for the year which the continuing education took place.
- Must take an additional GFX Track, or retake the Coaches Course within 5 years of certification to maintain status
- Must maintain 10+ athletes annually to maintain status

## **GFX CERTIFIED COACH 2 DAY LIVE WORKSHOP SYLLABUS**

### **DAY 1**

#### **9:30-10:00 - REGISTRATION**

#### **10:00 - 10:15 - GET READY TO CHANGE BODIES AND BALL FLIGHTS**

- Welcome
- The Story. "They Saw a Void Between Golf Instruction and Fitness"
- Why No Textbook?
- GFX Pre Cert Survey

*Learn more at [www.golffitnessx.com/certification](http://www.golffitnessx.com/certification)*

#### **10:15 - 10:45 - THE “X” IN GOLF FITNESS X**

- The Golf Swing
- The Golf Body and Fitness
- Training Both. Increase Results.
- What is “X”?
- Definition of GFX and What It Provides
- Why GFX is Different from Other Golf Fitness Programs
- Improve Your Body and Ball Flight. That’s “X”
- “X” Content Quiz

#### **10:45 - 11:15 - GOLF FITNESS X FUNCTIONAL GOLFER TRAINING MODEL**

- Golf Fitness X Functional Golfer Training Model
- The Functional Golfer Blueprint
- Applying the GFX Functional Training Model
- Function Golfer Content Quiz

#### **11:15 - 12:15 - THE GFX FOUR SWING FOUNDATIONS**

- Introduction
- Using Video to Read the Blueprint
- Swing Foundation: Set Up
- Swing Foundation: Backswing
- Swing Foundation: Impact
- Swing Foundation: Finish

#### **12:15 - 1::15 - THE GOLF FITNESS X SIX SWING SKILLS (1 thru 3)**

- Introduction and explanation for each of the 6 GFX Swing Skills
  - Learn golf specific cues
  - Define
  - Understanding the muscle cues and mobility needed
  - Learn to identify how to fix both body and swing issues
- GFX Swing Skill: Posture
- GFX Swing Skill: Rotation
- GFX Swing Skill: Segmentation

**LUNCH - 1:30 - 2:30**

**1:30 - 2::30 - THE GOLF FITNESS X SIX SWING SKILLS (4 thru 6)**

- GFX Swing Skill: Weight Shift and Balance
- GFX Swing Skill: Swing Plane
- GFX Swing Skill: Speed

**2:30 - 3:30 - FUNCTIONAL GOLFER BODY AND SWING SCREEN**

- Introduction and explanation for each of the 6 GFX Swing Skills
  - Learn golf specific cues
  - Define
  - Understanding the muscle cues and mobility needed
  - Learn to identify how to fix both body and swing issues
- Weight Shift Test
- 45/90 Tap Tap Test
- Dirty Toe Test
- Hip Hinge Test
- Underhand Paper Throw Test
- Swoosh Drill
- Butt on the Wall Test
- L to L Test

**3:30 - 4:00 - HOW GFX CHANGES BODIES AND BALL FLIGHTS**

- Further Understanding Fit-Skill Exercises
- GFX SWOD. Seeing Results After Workout
- Application of Golf Fitness X and Orange Whip Equipment to Maximize Results
- Quiz on How GFX Programming Content

**4:00 - 4:45 - EXPERIENCING ONLINE GFX PROGRAMMING**

- GolfFitnessX.com Tour
- SWOD Study
  - Perform the daily provided GFX SWOD
- Understanding the SWOD Library
- SWOD Analysis Activity

- GFX On the Range Study
  - Using OTR as a Golf Pro or Fitness Pro
- OTR Analysis Activity
- GFX Stretch Study
  - Perform the daily provided GFX Stretch Routine

#### **4:45 – 5:15 – APPLICATION OF GFX AS A CERTIFIED PRO**

- Building the Brand, Community, and Your Business
- Implement GolfFitnessX.com Online Membership into Your Athletes Golf and Fitness Routines
- Providing GFX Equipment to Your Athletes
- GFX Certified Pro Assets/Advertisements

#### **5:15 – 5:30 – BREAK**

#### **5:30 – 6:00 – DAY 1 EXAM**

- 50 multiple choice questions
- Must receive a score of 75% or higher

## Day 2

#### **9:00 – 9:15 – DAY 1 REVIEW**

- Day 1 Q and A
- Test results and retake information

#### **9:15 – 10:00 – HEAD COACH LED SWOD**

- Participants will do the Swing Workout of the Day posted on GFX led by a GFX Head Coach

#### **10:00 – 11:30 – COACHING GFX FIT-SKILLS EXERCISES DURING THE SWOD**

- Points of Performance Model
- During Warm Up, Pre SWOD and SWOD
- Demonstration, verbal, external input
- Self assessment and improvement

### **11:30 - 12:15 - SAFETY AND LIMITATION IDENTIFICATION**

- Apply understanding of the athlete interview process
- Grasp liability as an instructor
- Modification options and explanation of when and why to modify

### **12:15 - 1:00 - 7 STEPS TO PROVIDING A BODY & BALL FLIGHT CHANGING SWOD**

1. Open the SWOD
2. Warm Up
3. Explain SWOD Fit-Skill Exercises
4. Create the SWOD environment
5. Update, and transition
6. Cool Down
7. Score and Evaluate

### **1:00 - 2:00 LUNCH**

### **2:00 - 2:45 - STUDENT LEAD SWING FOUNDATION SWOD**

### **2:45 - 3:15 PRE-SWOD PREP**

- Use existing market
- Website Operation
  - Speaking SWOD
  - Understanding how to use demo videos
    - Modifyers
  - Coaches notes
- Stage with Room
- Own the Whiteboard
- Get to know the clock

### **3:15 - 4:30 - SWOD LED BY FOURSOMES**

- Assign different SMF
- Coaches need to explain the SWOD and create atmosphere
- Build 4 warm up exercises and have them rotate through them
  - Person cueing is responsible for transition

- Build SWODS with 4 exercises
  - Coaches cue them first
    - Each coach must cue their movement
- One group does a AMRAP, RFT, Tabata, EMOM

**4:30 - 4:45 - CONTINUING EDUCATION WITH GFX**

**4:45 - 5:00 - SUMMARIZE, EQUIPMENT ORDERS, TEST INFO**