



GP Performance

MOVE WELL WITH SCIENCE®

Glenn is an OUTSTANDING performance coach. - If you are serious about improving your performance in golf, soccer, track or other activities, I strongly encourage you to work with Glenn. I have worked with personal trainers beginning with my college baseball and soccer training and highly respected fitness training over the last 30 years. Five years ago my body broke down because I trained and swung the golf club incorrectly. I overused the stabilizing muscles in my lower back and hip flexor resulting in debilitating pain which forced me off the golf course for three years. Over the last year, I completed physical therapy and began to play golf again, but I still had to limit my activities and ice my back after each practice session. I wanted to improve my physical well-being and my performance so I began to train with Glenn.

Glenn took a much different approach from any other trainer I had worked with. Instead of jumping in to increase my strength he assessed my functional mobility. Functional Movement System (FMS) assessment are the cutting edge diagnostics for improving athletic performances. With this assessment he was able to determine my pattern of movements and flexibility and how they impacted my athletic performance. He explained to me that if we jumped into certain exercises before I improved my mobility and flexibility, I would recruit and overuse my stabilization muscles and injure myself again.

During each session Glen acts as my coach and trains me how to train myself. I have learned more in the three months working with him than I have in the last 30 years. He makes it clear how an exercise will help me improve my performance and how to increase the difficulty if I reach my objectives.

After working with Glenn for three months I have retrained my body to use correct mechanics. As my mechanics improve Glenn is able to improve my strength, power and cardio. The results are amazing as I can practice and play without restrictions and don't have to ice my back each night. I am just scratching the surface and I am hitting the golf ball further than ever.

If you are willing to put in the effort, Glenn has the knowledge and expertise to improve your performance significantly.