

IMPROVE YOUR GOLF GAME & PREVENT CHRONIC BACK PAIN

IN LESS THAN 20 MINUTES PER DAY, TWICE A WEEK



MED X

RPFITNESS GOLF SYSTEM

The number one orthopedic complaint in golfers of all ages is back pain. Play the game longer and stronger with the RPFitness Golf System. These biomechanically precise machines have been designed, researched, and clinically proven to isolate and strengthen the low back, neck and torso muscles - like no other machines on the market today.

AVAILABLE AT:



1653 Merriman Rd., Akron, OH 44313
330.867.2399 • www.rpfit.com

MEDX GOLF EXERCISE PROGRAM

We have the workout specifically designed for golfers using the same equipment that is used on the Men's PGA and Men's Senior PGA tour.

RESEARCH STUDY RESULTS			
	Flex & Strength	Strength Only	Flexibility Only
Club Head speed	+20 mph	+3 mph	+5.4 mph
Shoulder Abduction	+11.9 deg.	+1 deg.	+13.5 deg.
Hip Flexion	+16.3 deg.	+2.8 deg.	+15 deg.
Hip Extension	+8 deg.	+3.4 deg.	

THIS IS WHAT THE MEDX GOLF FITNESS PROGRAM CAN DO FOR YOU:

- Enhance your physical efficiency and performance;
- Promote greater joint flexibility for a quicker, more fluid movement. It can even increase flexibility for people who experience lower back pain due to inflexibility in the hamstrings, back, hip flexors and limbo-pelvic region;
- Reduce energy required for movement;
- Prevent injury by increasing range of movement around a joint;
- Enhance posture;
- Improve circulation and joint nutrition, which in turn decreases the likelihood of degenerative joint disease.

MEDX

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