

The Premier Golf Specific Fitness System, for Health Conscious and Performance Minded Golfers of all Ages

The Playfit Performance Enhancement System (PPES©) is a Universal Golf Specific Fitness System and the *Core Component* of the Playfit Project. It is designed to develop golfers *from the inside out* by helping them understand how their fitness strategies and their personal trainer's exercise prescriptions affect their *golf related* areas of physical conditioning and athletic ability.

This powerful educational/diagnostic tool has been in development for approximately 7 years and is the brain child of John Knight, the son of a PGA Golf Professional, a golfer for 37 years and a Sport Specific Fitness Instructor for nearly 25 years.



The PPES© provides a brilliant account of the cause and effect of golf specific fitness strategies and serves as a template for golf specific health & fitness education.

Unlike the current methods of evaluating the golfer's fitness level, which involves measuring improvements in their physical condition (Strength, Flexibility, Range of Motion, Body Fat Percentage etc.), the PPES© teaches golfers how to measure their fitness level *in terms of Golf Performance with Golf Performance Indexes (Power, Timing, Accuracy, Endurance and Recoverability)*. As a result, the PPES© accommodates everyone in the golf industry, helping them to become either better golfers, better instructors, or both.

As the *Core Component* of the Playfit Project, the PPES© sets in motion an intense and perpetual learning process, while its complexity spawns a unique blend of education and competition between golfers and instructors on the PPES© Support System:

- ▶ The PlayfitGolf.com Website
- ▶ GolfSpecificFitnessMagazine.com
- ▶ PlayfitGolfMD.com

The PPES© is also the *foundation* of the most difficult and educational golf tournament in the history of the game—*The Annual Playfit Golf Performance Championship*.

The Playfit Project for Golfers

“BUILDING GOLFERS FROM THE INSIDE OUT”