



# TITLEIST PERFORMANCE INSTITUTE GOLF PERFORMANCE TRAINING

## FIX YOUR BODY, FIX YOUR SWING

Angus Lee is a certified Golf Fitness Trainer specializing in coaching athletes to enhance golf performance. Angus has been selected to join the Wellness Team for the U.S. Open Golf Championship since 2018. As Director of Fitness at TPC Stonebrae Country Club, Angus has enjoyed working with golfers of all skill levels to achieve peak performance through strength & conditioning.

As a TPI Certified Instructor, I believe there are an infinite number of swing styles. For each style there is one most efficient way for every player to swing and it is based on what the player can physically do. The most efficient swing varies for every athlete because efficiency is unique to their body. To achieve an efficient swing, each client's golf fitness program must be physically screened.

My golf fitness program is designed to improve both a player's golf game as well as their overall health!

### **GOLF SPECIFIC ASSESSMENT: \$150**

- K-VEST TECHNOLOGY
- GOLF SCREENING
- FITNESS SCREENING
- NUTRITION SCREENING

### **GOLF TPI TRAINING: \$600 MONTHLY 8 SESSIONS**

- Increase power, speed, strength, and flexibility in your golf swing
- Injury prevention programs to play stronger and longer golf
- Nutrition coaching for maximum performance and recovery

**ANGUS LEE**  
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