

## Detailed Questionnaire Golf Fitness Program

Please fill out the best you can. Remember there are no wrong answers. This is just giving us a solid base to get started right. The more detailed and accurately you are answering these questions, the better I will be able to assist you in achieving your goals in the timeliest way possible.

Are you male or female?

What is your height?

What is your weight?

What is your age?

How many years golfing?

What is your handicap?

What is your lowest score?

What is your typical shot shape? Draw or fade? Hook or slice?

What is your typical trajectory? High, mid or low?

What is your average driver swing speed? On what machine?

What is your average driver ball speed? On what machine?

What is your average driving distance? On what machine?

What is your average driver carry? On what machine?

What is your average driver launch angle? On what machine?

What is your average driver spin rate? On what machine?

What driver model do you play?

What loft?

What shaft model do you play?

What flex?

What length?

What ball do you play?

What is your average swing speed with a 7 iron? On what machine?

What is your average ball speed with a 7 iron? On what machine?

What is your average carry distance with a 7 iron? On what machine?

What iron model do you play?

What shaft model do you play?

What flex?

What length?

Do you currently workout? If so then please explain.

What is your history with working out? And what style of training have you done in the past?

Do you have any past injuries that make it difficult to workout, or do certain types of exercises? If so then please explain.

Do you have any current injuries that make it difficult to workout, or do certain types of exercises? If so then please explain.

Do you have any other physical aches or pains while working out or swinging a golf club? If so then please explain.

How many pushups can you do in a row? If unsure then put NA

How many bodyweight squats can you do in a row? If unsure then put NA

How many pull ups can you do in a row? If unsure then put NA

How many sit ups can you do in a row? If unsure then put NA

How much can you max barbell bench press? If unsure then put NA

How much can you max barbell squat? If unsure then put NA

How much can you max barbell deadlift? If unsure then put NA

How much can you max barbell row? If unsure then put NA

How much can you max barbell overhead press? If unsure then put NA

Do you sprint for exercise? If so then please explain.

Do you run for exercise? If so then please explain.

Do you jog for exercise? If so then please explain.

Do you walk for golf or exercise? If so then please explain.

Do you jump for exercise? If so then please explain.

Can you touch your toes? If not, how far shy of your toes are you? If so, how far can you go past your toes if any?

How far would you say you can rotate your shoulders while sitting? For example: Roughly 30 degrees? 40 degrees?

How long can you stand on one foot without losing your balance? Both right and left foot times please. If it is 2 minutes or longer then no need to test any more than that.

Have you had a swing coach or lessons before? If so then please briefly explain.

Have you had a strength & conditioning coach before? If so then please briefly explain.

How many days a week do you currently hit range balls and/or play golf?

Is there a limit to how many times a week you can hit balls? If so then how many?

Is there a limit to how many balls you can hit in one session before getting fairly tired? If so then how many?

Do you currently use any training aids or golf "exercise" equipment?

Do you have access to a gym? Or at least normal gym equipment?

Do you have anything else physically that you should tell me about, and that may impact performance/ability to perform certain exercises/workouts?

Please be sure to send me a face on and down the line video with both your driver and 7 iron. Four short videos of just one swing each will be ideal.

If there are any follow up questions I have based on what you have filled out here and the swing videos you have submitted then I will let you know before writing up your program. If I do not have any then I will begin writing your custom program once the liability waiver has also been emailed to me.

I look forward to working with you, and making the most progress possible with your training, swing speed, driving distance and overall scoring ability!

Thank you,

Joshua Crews

\*\*\*Always consult your doctor before starting a new workout. This workout example works for many athletes in multiple sports, and will for others if done safely and correctly. To what extent it will work for others is dependent on many things including but not limited to age, experience, body composition, intensity of training, other genetic factors, etc. Because of this, individual results may vary.\*\*\*