

Get in Shape for Golf and Life!

Workout on the same equipment used by Tiger and the Chicago Bulls.

Are you interested in lowering your scores? It's a fact that one of the quickest ways to improve your game is to get in better golf condition. **Golf Nation's** successful approach to fitness will help improve your strength and flexibility while reducing chance of injury.

Golf Nation offers the innovative FreeMotion line of strength training equipment. Used by the Chicago Bulls, the White Sox and even Tiger Woods, FreeMotion builds core strength for balance and stability. The versatility of the equipment allows our Members to continually challenge the body in different ways. And the simplicity and versatility of FreeMotion makes it the ideal equipment for you no matter what your current fitness level.

The philosophy behind FreeMotion strength training is based on simulating everyday movements by allowing the user to determine a more personal path of motion. Importantly, standing during exercise burns twice as many calories as sitting. FreeMotion strengthens the muscles that protect and stabilize the joint, not just the muscles that move the joint. This means whole body strength which results in a positive impact on your game and your life!

FreeMotion Golf

The golf swing is a combination of proper rotation, maximum flexibility, increased balance, and full-range strength. FreeMotion Golf will get your body balanced from tee to green with an emphasis on rotation, flexibility and core strength.

FreeMotion Golf incorporates rotary and twisting movements from medium and high cable positions to simulate the swing plane. Core integration and function focus on the critical rotational muscles.

Essential to rotation, power and balance, the legs are trained in both stable and dynamic environments during FreeMotion Golf. Added distance, improved control and increased stamina result from FreeMotion Golf.

FreeMotion Weight Loss

Effective weight loss is all about burning calories. The fun-filled FreeMotion Weight Loss program gets you moving, keeps you moving, and maximizes caloric output. Exercises focus on continuous movements that integrate the entire body while targeting large muscles groups with lighter workloads. Constant motion, which keeps the heart rate in the endurance and weight loss zone, is engaging and effective.

FreeMotion 30-Minute Express

Running short on time? The FreeMotion 30-Minute Express maximizes your limited workout time by reducing transition times. A focus on large movement patterns raises heart rate and integrates multiple muscle groups. FreeMotion Express is a condensed, fast-paced option for those on the run.

Everything You Need

In addition to FreeMotion strength training, **Golf Nation** offers state-of-the-art cardio equipment, group classes and a team of highly skilled personal trainers. At **Golf Nation**, you can expect to look better, feel better and improve your game all year long!