



CONGRATULATIONS
Azahara Muñoz
— **SOLHEIM CUP** —
CHAMPIONSHIP
★ SEPTEMBER 2019 ★



CONGRATULATIONS
Joaquin Niemann
— A Military Tribute at
THE GREENBRIER
CHAMPION
★ SEPTEMBER 2019 ★



CONGRATULATIONS
Justin Thomas
— **HONDA CLASSIC** —
CHAMPION
★ FEBRUARY 2018 ★



CONGRATULATIONS
Dustin Johnson
— **ST. JUDE CLASSIC** —
CHAMPION
★ JUNE 2018 ★



CONGRATULATIONS
Marina Alex
— **CAMBIA** —
PORTLAND CLASSIC
CHAMPIONSHIP
★ NOVEMBER 2018 ★



CONGRATULATIONS
Brooks Koepka
— **PGA CHAMPIONSHIP** —
CHAMPION
★ MAY 2019 ★

By Coach Joey D and Coach Kolby "K-Wayne" Tullier

HANG *the* ★ BANNER ★

The Golf Fitness Formula that Creates Champions



CONGRATULATIONS
Michelle Wie
— **HSBC WOMEN'S WORLD** —
CHAMPION
★ MARCH 2018 ★



CONGRATULATIONS
Dustin Johnson
— **RBC CANADIAN OPEN** —
CHAMPION
★ JULY 2018 ★



CONGRATULATIONS
Justin Thomas
— **WGC BRIDGESTONE** —
CHAMPION
★ AUGUST 2018 ★



CONGRATULATIONS
Lexi Thompson
— **CME GROUP TOUR** —
CHAMPIONSHIP
★ NOVEMBER 2018 ★



CONGRATULATIONS
Jessica Korda
— **LPGA HONDA THAILAND** —
CHAMPION
★ FEBRUARY 2018 ★



CONGRATULATIONS
Harold Varner III
— **AUSTRALIAN PGA** —
CHAMPION
★ DECEMBER 2016 ★

A Stable Of Champions

It's hard to believe that I've been on the road and working with PGA Tour pros for over twenty years. It's scary to think that some of today's top players were in elementary school – or even younger! – when I was getting started with players like Jesper Parnevik and Vijay Singh. In that time, I've been able to open and grow the Joey D Golf Sports Training Center in Jupiter, Florida, write the best-selling book "Fix Your Body, Fix Your Swing," and travel to all corners of the planet while working with some of the best players on Earth.

You meet a lot of people when you've logged over a million miles in air travel. And since I spend a lot of time on the road working with players either at gyms or in the PGA Tour fitness trailer, I've met plenty of fitness professionals over the years and miles.

There are so many different training and conditioning philosophies out there that it can make your head spin. There are some that I agree with and a lot that I don't. But when you meet someone who speaks your language and that you truly see eye to eye with, that's an incredible connection.

I met Kolby "K-Wayne" Tullier a few years ago and from the very beginning, I knew he was special. His theories and ideas about human movement and sport-specific movement were amazingly in line with my own. And his success with players like Justin Thomas, Harold Varner, Michelle Wie, and Lexi Thompson was proof that these theories worked. Coach K-Wayne joined our organization as the Director of Sports Performance at our facility and from the very beginning, things took off.

The number of players working at the facility has continued to grow. And it's not just elite PGA and LPGA pros; it's regular folks who see the success we've had and want to take advantage of what the facility can offer.

On the pro level, Brooks Koepka, Dustin Johnson, and Justin Thomas, the last three American players who've achieved the Number One ranking in the world – and who are all still ranked in the top five in the world – all train with us in Jupiter. Let that sink in for a minute because that alone is an amazing fact. I can't think of another individual sport where you have a situation like that. Top tennis players who have to compete against each other don't all work out together. Top boxers who have to square off against each other in the ring don't all train at the same gym.

What's In The Water In Jupiter?

What we've experienced here at the Joey D Golf Sports Training Center is truly unprecedented. And the championship banners we hang every time someone takes home the hardware and the big check from a Tour event are not only some cool visual evidence of how effective our training philosophies are, but also powerful motivators for everyone that steps through the door.

This spring, Kolby and I will be releasing a book detailing the strength, conditioning, and biomechanics work that has changed the sport and the people that play it. In the meantime, here's Kolby explaining the Species-Specific-before-Sport-Specific philosophy that's reshaping and optimizing the game of some of the best golfers in the world.



HANG THE BANNER

Coach Kolby “K-Wayne” Tullier

I didn't take a traditional path to becoming a fitness professional. My initial obsession with fitness and human movement was more about trying to fit in than anything else.

I was born with clubfoot. Both of them. The worst the doctors had ever seen. At the hospital, they told my parents that I'd never walk. Fortunately, neither my parents nor I were willing to accept that picture of the future. My childhood was spent in and out of hospitals and recovering from surgery after surgery. Eventually, I learned to walk. And I learned to run. And I became an athlete.

Having had to learn – and relearn after each surgery – the way that humans were supposed to move shaped me. I knew from an early age that I wanted to be in the fitness industry and help athletes reach their greatest potential. My obsession with proper movement patterns made me realize just how many people – even athletes – were moving improperly. Due to our current lifestyles, so many of us have lost connections with our bodies. We sit too much. We hover over keyboards with our backs rounded like vultures. We spend hours with our chins in our chests checking out Facebook and Twitter.



HANG THE BANNER

Species-Specific Before Sport-Specific

A thousand years ago, humans ran, jumped, and threw things. Today, very few of us do these things anymore. And for the rest of us, the only times we see humans do those things is when we're sitting on the couch all night flipping between ESPN and ESPN2. But even those elite athletes that we see on TV suffer from the same dysfunctions that everyone else does. They still sit too much and spend too much time posting to Instagram.

The result is that we're a far cry from doing what humans are supposed to do and being what human beings are supposed to be. And when we try to do the things that are part of our genetic code as people, we generally do them incorrectly. I see it all the time. A guy might add 70 pounds to his squat over a six-month period and think he's made great gains. But if he's squatting improperly – using the quads too much, not engaging the glutes, not stabilizing through the hips and spine properly – all he's done is improved at doing something incorrectly. And if he's an athlete, he's creating greater dysfunctions and imbalances and he's setting himself up for injury.



HANG THE BANNER

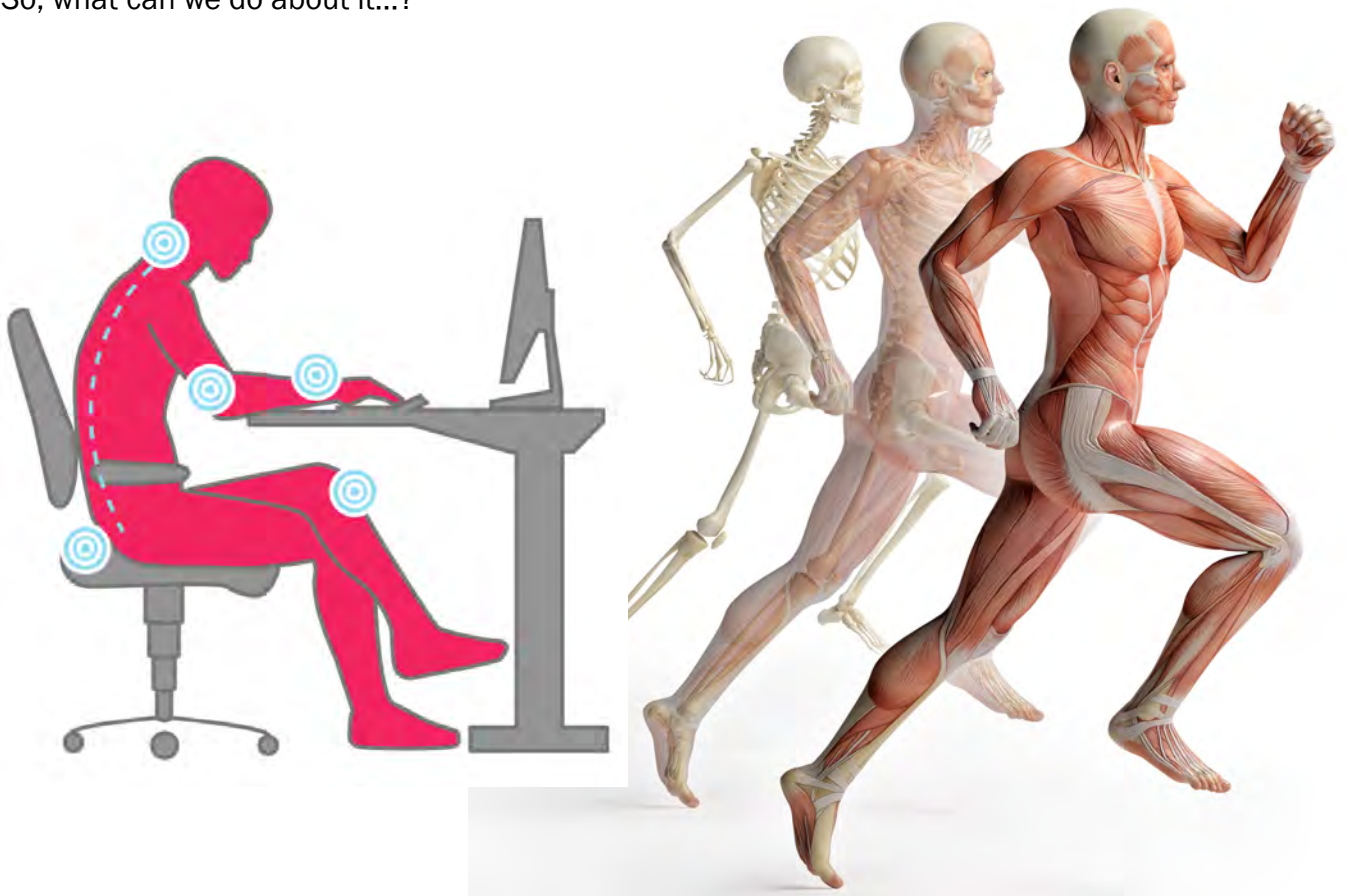
Species-Specific Before Sport-Specific

Before we can train as athletes, we need to retrain ourselves as humans. Our species-specific approach to training focuses on two things: how the human body was originally intended to move and how people actually move today. The goals are to identify the differences between the two and then minimize those differences in order to restore proper movement patterns. Once those differences have been minimized, we can then focus on the movements patterns that will help that individual optimize the body for a specific sport.

And here's an example...

If you're reading this in a room with other people, look around. How many folks around you have their chins tucked into their chests looking at their phones or are hunched over a keyboard or some other electronic device? As a result of our current lifestyle, far too many of us have forward-leaning posture with very rounded upper backs. For the average person, this can result in neck pain or chronic lower back pain. For a golfer, though, a rounded upper back will seriously affect your ability to maintain proper spine angle and swing plane. And once those start to go, so does your accuracy.

So, what can we do about it...?



HANG THE BANNER

Standard Bi-Lateral Row



SPECIES SPECIFIC

To build both the larger and smaller postural muscles in the back, attach a double-handled V-shaped resistance band – or two single-handle bands – to a waist-high anchor point. Face the anchor point with a handle in each hand with palms facing up. Bend your knees slightly and assume an athletic stance – feet a bit wider than shoulder-width apart, hips back, upper body slightly leading forward with a strong and straight spine. There should be some tension in the bands. This is the starting point.

Keeping your palms facing up, dynamically pull the bands back by drawing your elbows back and shoulder blades back. Try not to lose the slight forward lean of your upper body. Your arms should be the only things moving. Hold this pull position for a three-count being aware of keeping your shoulder blades squeezed together.

Very slowly, reverse the initial pulling motion to return to the starting position. Let this last part of the move take several seconds.

HANG THE BANNER

Golf Specific Bi-Lateral Row



This move involves the three ways that a muscle can be challenged. The initial quick pull has the muscles in your back (as well as your biceps) shortening in a very explosive way. The hold with your shoulder blades squeezed together is an isometric contraction, where the muscles have to hold a position against resistance. The slow-motion finish to the move is an example of an eccentric contraction, where the muscles slowly lengthen against resistance. And having your palms facing up the entire time keeps the chest a little more open. There's a lot of good in this exercise.

Once a player can perform this exercise with good form and begins to pull the upper back into proper alignment with the rest of the spine, we would then add a sport-specific version into the workout:

SPORTS SPECIFIC

Perform the same movements in golf posture. The deeper lean of your address position will make this a lot more challenging to the muscles of the upper back. But golf demands the increased strength that this will develop; the game isn't played in an upright position. This is a vital way to strengthen the muscles that you'll need to maintain proper posture from the first tee to the last and to make sure that your accuracy is as razor sharp as possible.

HANG THE BANNER

The Season Favors The Prepared

While the results we see at the elite professional level can be astounding, even more impressive are the results we see in more casual athletes and players. Once we've gone in and addressed the day-to-day issues affecting things like balance, stability, and movement, we're able to go from species-specific training to sport-specific training with incredible results. Give these movements a shot to see how they help you on the course and off the course.

And get ready to hang some banners of your own.



To get "Your Body in the Game" and feel some great results, you can find more from Joey D and K-Wayne at Hit IT Great ON DEMAND – a brand new online streaming website where you can follow along with golf specific workouts and fitness plans. hititgreat.com

HIT  **GREAT**™

HANG THE BANNER

Let's Get To Work!

If you'd like to put the power of golf-specific training to work for your game, here are some great options to get to work today!

For in-depth self-assessments and exercise protocols, check out my book, "[Fix Your Body, Fix Your Swing](#)." Available at amazon.com in paperback and Kindle versions.



HIT IT GREAT™

Follow along with great fitness videos at Hit It Great ON DEMAND, a streaming online platform dedicated entirely to golf-specific fitness training. Available at hititgreat.com



LIVE COACHING FROM JUPITER, FL

To schedule a physical assessment with our team via FaceTime or Skype, and get your own personalized golf-fitness training plan to fit your game, check out our Private Online Coaching programs available at joeydgolf.com