DECEMBER 2017

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For Your Santa Request

Dear Santa,
All I want for Christmas is a Gift Certificate for Custom KZG Clubs!

☐ Driver ☐ Woods ☐ Hybrids
☐ Irons   ☐ Wedges ☐ Putters

Cut here and place where your favorite gift giver will see it.

Please Santa, I don't need any more ball retrievers, golf ties, or golf underwear.
Thank you.

KZG NOW HAS ALL OF YOUR FAVORITE GOLFING ACCESSORIES

Whether you are looking for you or for a gift, KZG has great accessories. From bags to clothing to hats, our quality accessories are embroidered with the KZG logo.
Stop by the Palm Desert KZG Performance Center to purchase.

PALM DESERT PERFORMANCE CENTER
HOLIDAY GIFT PACKAGES ON SALE!
Call or stop by today to schedule your appointment.
Gift certificates are available so your favorite golfer can get what they really want.
Sale ends December 31, 2017

FULL FITTING NOW $100 reg. $150	FULL FITTING and ONE LESSON NOW $175 reg. $250	FIVE LESSONS NOW $300 reg. $400

Real Golf Clubs for Real Golfers

"One-size-fits-all" just doesn't work for clothing, shoes or golf clubs. Every golfer has a unique body and swing.

Most golf brands are beholden to their shareholders and will offer only one or two options in any given club category to generate maximum sales to the "masses"... which generally is described as a mid-to-high handicap player with an average swing speed and average height. Is that you? Probably not.

KZG is very different from the major brands. KZG offers many unique models: 8 drivers, 6 fairway woods, 4 hybrids, 14 irons, 5 wedges and 5 putters. When you combine them with the wide offering of shafts, most KZG Dealers offer thousands of demo clubs for you to test.

So, if you don't wear size 10 brown saddle shoes, it's time to visit the KZG PERFORMANCE CENTER

General Golf Stretches and Warm Ups
by Dr. Christian Reichardt, DC, CCSP
Author of Pain Free Golf and KZG Custom ClubFitter

Before you start any stretching exercises, I cannot over-emphasize the importance of warming up BEFORE stretching. Warming up will increase the blood flow to the muscles, which will speed up the metabolic rate, increase oxygen and nutrients. Healthier tissue is the result.

Warm Up Routine:

1. Start your stretching with 5-10 minutes of fast-walking and swinging your arms at the same time. AND/OR
2. Sit on a Swiss Ball and bounce gently 5 minutes.

You will be surprised at the payoff and how long five minutes actually is. However, as a result, your stretching will be much easier, more efficient and effective.

Stretches are supposed to loosen tissue, not tear it, so go easy. Pain is always an indicator that you are doing too much.

SQUAT WITH CLUB	FLAT BACK STRETCH	SHOULDER SIDE STRETCH

Hold your hands on top of the club, now bend your knees as much as you can without hurting your knees. Then push your hands away from your head. **Breath 5X.**

Hold your hands on top of the club, bend forward, bending your knees as necessary. Then push your hands and buttocks away from each other. **Breathe 5X:** come up while bending your knees.

Pick up club with both hands straight above your head, tuck your buttocks under and hold your belly strong. Pull your right arm up, while pulling your left arm to the left side. **Breathe 5X.**

Come see us at the KZG Performance Center!

Facebook   Instagram   Twitter

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