

A SUCCESS STORY

"There exists conclusive proof that a 47-year-old, slightly overweight man with a bad back can make significant strength and flexibility gains in the primary muscles used in the golf swing.

Tired of being the shortest driver in every foursome and frustrated with chronic back pain and stiffness that worsened after every round, I signed up for the golf fitness program at Evolution Exercise and Spine Center.

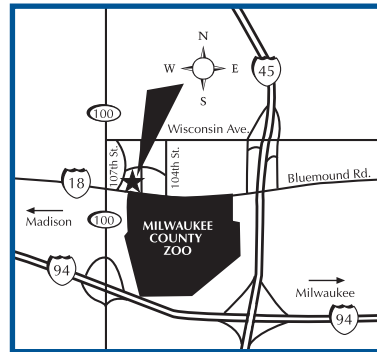
I've improved my length off the tee and can walk 18 holes with little or no residual back pain for the first time in years.

I've done it with no more than one hour of exercise per week.

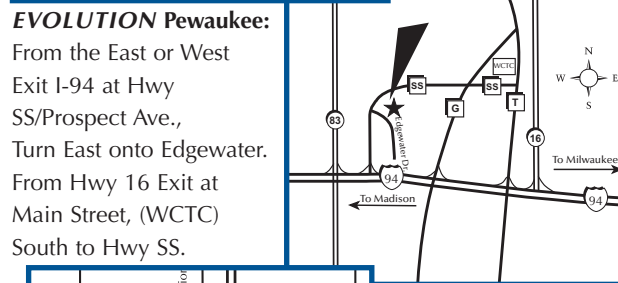
Evolution's program works. In April, I broke 80 for the first time in three years. I am a little longer off the tee and have had no back pain for two months. //

—Gary D'Amato,
The Milwaukee Journal Sentinel
June 24, 2003

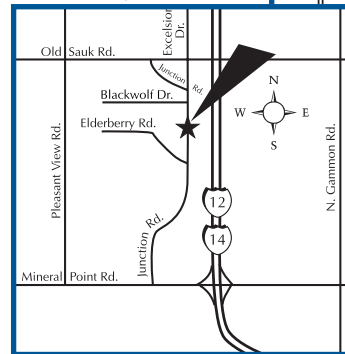
Convenient Locations in Milwaukee, Pewaukee and Madison



EVOLUTION Milwaukee is located near the intersection of Hwy. 100 and Bluemound Road across from the Milwaukee County Zoo.



EVOLUTION Pewaukee:
From the East or West
Exit I-94 at Hwy SS/Prospect Ave.,
Turn East onto Edgewater.
From Hwy 16 Exit at
Main Street, (WCTC)
South to Hwy SS.



EVOLUTION Madison is located in the Junction Point Center, 1/2 mile North of Mineral Point Road.



10600 W. Bluemound Rd., Ste. 1, Milwaukee, WI 53226
Phone: (414) 727-8812 • Fax: (414) 727-8815

N22 W27847 Edgewater Dr., Pewaukee, WI 53072
Phone: (262) 264-0080 • Fax: (262) 264-0081

376 Junction Road, Madison, WI 53717
Phone: (608) 662-0016 • Fax: (608) 662-0017

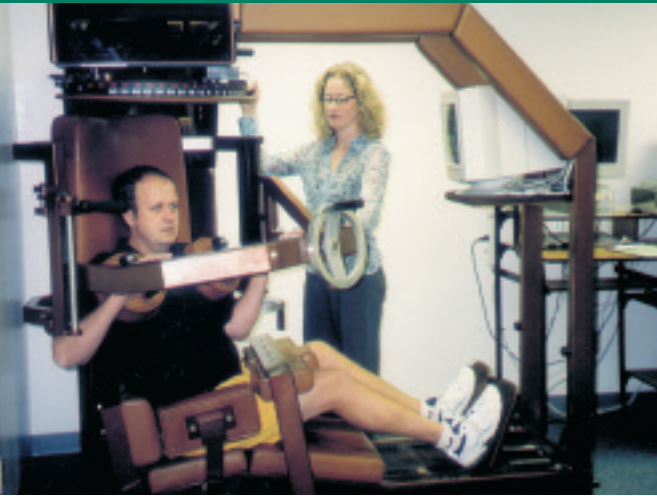
Email: info@ExerciseandSpine.com
www.ExerciseandSpine.com



Today, serious golfers are turning to strength and conditioning to improve their game.

EVOLUTION
EXERCISE & SPINE CENTER

EVOLUTION'S GOLF EXERCISE PROGRAM



The oblique muscles coil and uncoil the trunk providing the power in the golf swing.

EVOLUTION'S GOLF SPECIFIC PROGRAM WILL HELP YOU

- Increase your club-head speed
- Hit the golf ball farther and straighter
- Promote greater joint flexibility for a more fluid golf swing
- Strengthen your back, obliques, abs, arms and hips — the muscles used in the golf swing
- Develop a bigger shoulder turn
- Better your posture
- Increase your range of motion
- Prevent injury and fatigue
- And therefore, Lower Your Score!

"Hit further and more consistently, and more importantly, score better. I highly recommend the golf exercise program and staff at EVOLUTION."

— Paul W. Mindel, Golf Professional
National Golf Center, Vernon, WI

EVOLUTION'S PROGRAM INCLUDES . . .

- Monthly computerized strength and flexibility assessments conducted by licensed physical therapists.
- 30-60 minutes of one-on-one customized SuperSlow[®] exercise instruction each week.
- Education on the necessity of strengthening the core muscles used during the golf swing.

This equipment and a similar strengthening routine is used and recommended by Butch Harmon (Tiger Woods' former Swing Coach), PGA Tour Fitness Trainers and Tom Kite!



Low-back strength is critical for good golf posture.

For the first time, the specially designed equipment at EVOLUTION isolates, tests, measures and improves the major muscles of the golf swing.



*Illustration by
Jonathan Wright*