

## Golf References

I've been working with Andy for almost 6 months now and can already see a big difference in my golf. I am hitting the ball further whilst consistently striking the ball a lot better. We have been working on core stability and the freeing up of the joints used when I play golf this allows my body to be ready for action whilst I am competing. Andy has given me a numerous stretches and exercises to carry out before and after a round of golf and these techniques don't only allow me to feel more free and flexible but also prevent me from picking up injuries.

Louis Farrelly, PGA Professional

I met Andy for the first time about 4 years ago when he started having golf lessons with a colleague of mine, (of course I had already heard of him as he is a Brentford legend!)

I already had an interest in fitness not just for myself but also for golf and my clients but did have some doubts about some of the things I'd been doing and its relevance for golf.

Thanks to him I now have a much better knowledge of the benefits of functional training which I have been able to introduce into my coaching giving me the ability to assess my students' movements.

Now if ever one of my students has a persistent problem with their swing due to a lack of range or strength I have no hesitation in recommending them to Andy and the ones that have had some sessions with him always come back to me feeling freer and stronger and more able to perform what I am asking of them.

The great thing which Andy is able to do is create some simple exercises tailored for that individual with an immediate carryover into their golf.

In short, the job that Andy does makes my job easier.

On a personal level Andy has also helped me tremendously with my fitness, giving me increased strength in my golf swing and also allowing me to play pain free when in the past I had been struggling with some hip problems.

Brian Green, PGA Professional