

COACHING

# Smartpros please read on...

After a successful show in Harrogate, Smartpro is continuing to evolve.

E1

**FLOOR CORE**

**Push me pull you**


Sarah Claridge  
PGA GOLF PROFESSIONAL

FIRST NAME


LAST NAME

DATE


**1.** Pairs sit feet together and grasping a club end on. There will need to be a bend at the knees.



**2.** The pairs can work together providing a pulling or pushing resistance via the club. 20-30 second sets are advised.



**3.** Progress to grasping the club horizontally and turn the activity into more of a hip and back stretch.



REPETITIONS

TIME TAKEN

NOTES

**KEY POINT:**

Sit-ups are generally unpopular with young golf players unless disguised as push me pull you!

T: 01179 42670

M: 07702 37446

**Sarah Claridge**


PGA Advanced Professional

The Kendestree Golf Club, Herfield Road, Coalpit Heath, Bristol, BS36 2TG

e: sclar@sarah-claridge.co.uk

w: www.sarah-claridge.co.uk

www.smartprocoaching.com



Smartpro welcomed hundreds of PGA professionals to its stand at this year's Golf Show in Harrogate. Of the 50 suppliers present, GBD can be an eyewitness to the fact that there wasn't a busier stand at the event, as the Smartpro team welcomed visitors from the UK and abroad.

The timing was perfect for the successful launch of the company's new Fitness resource, while Smartpro celebrated its achievement of a new milestone of over 500 coaches on board using the Smartpro Coaching system.

Behind the scenes, Smartpro's team have been working with Bob Wood, fitness consultant to England Golf, to create a comprehensive fitness resource.

Smartpro Coaching founder, Sarah Claridge, is delighted at the response. She said: "We've just added a fantastic new 'Fitness' collection of 45 Smart

Sheets (pictured, left) all about Golf Physical Development. The response has been brilliant from all of our coaches and strengthens our relationship with England Golf."

If you've not yet seen this fully brandable online resource, you can check out SmartproCoaching.com and see how Smartpro continues to provide exciting new ideas, keeping coaching fun and diverse for both coach and player.

Looking ahead, Claridge and her team at Smartpro are on track to expand their business internationally over the next 12 months.

They already have expat PGA members and coaches using the system in 15 countries as far afield as Thailand and Vietnam, and are working on a series of commercial partnerships to help arm Smartpro coaches with more income-generating resources that can be used to grow business.

Exciting times are ahead if you are a coach working with Smartpro.

• For more information, see [www.smartprocoaching.com](http://www.smartprocoaching.com)

ACCESSORIES