

## WHAT COACHES, ATHLETES, AND PARENTS ARE SAYING ABOUT



I had the best round of golf in 3 years last week. I would like to express my sincere appreciation for the work you have done with me over this past winter. The **ZenoLink** PST training has helped me to find my sequence again. In fact, even my colleagues have commented on my increased distance and accuracy with my irons.

Thanks once again for all of your time and expertise you have shared with me. I would also like to thank Chris Welch for the years of research he has spent on studying the golf swing and more importantly, for sharing it with all of us!

Kathleen Robinson  
2006 US Women's Open Qualifier  
Director of Instruction at Hilltop Golf Club Alexandria, VA

Zenolink has been the best training program I have used. I have already increased my club head speed by 3mph in just 3 months. The best part is I am getting stronger and faster while doing enjoyable programs that are relatable to golf.

Jason Carbone  
Director of Instruction  
Baltusrol Golf Club  
Golf Magazine's Top 100 Instructors

**ZenoLink** has positively changed my game of golf. For years my swing was analyzed and I was offered numerous suggestions to improve my consistency and power. Notwithstanding hours of countless drills aimed at my swing problems, I was still unable to grasp what caused my problems and how to go about fixing them. **ZenoLink** was the answer I had been searching for! This program immediately diagnosed my swing issues and provided me with specific drills that have me striking the ball better than I could have imagined. I am now hitting longer, straighter golf shots with what feels like half the effort.

Keith D. Kinard



"If you are not assessing,  
your are just guessing."

### Contact

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**For more information about ZenoLink visit us at**

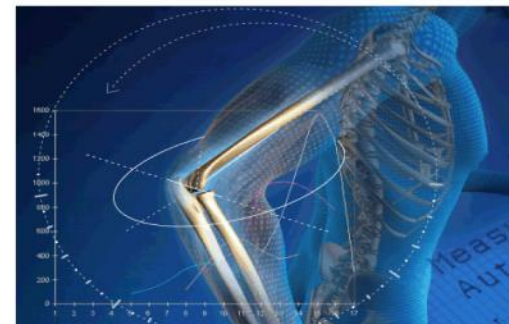
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## Z E N O L I N K M O V E M E N T R E D E F I N E D T E C H N O L O G Y



**ZenoLink** is an advanced analysis technology that

helps expose the strengths and weaknesses of athletes motions. From high school athletes to the professional level, nothing can help improve your technique faster.

"If you are not assessing, your are just guessing."



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Our daughter joined the track team in the Spring of 2010,. She was able set her personal best in the Discus 89'6" and Shotput 28'3" during that season. In December of that year, she received her initial evaluation and trained exclusively using her **ZenoLink** Progressive Skills Training Program 2x weekly until the start of her 2011 Spring Season. That Season she shattered her personal bests from the previous year improving her Discus, throwing 114ft 3in an increase of 24 ft 7in she also went on to an establish a personal best in the Shotput throwing 35ft 1in an improvement of 6ft 8in.

She subsequently went on to qualify for the 2011 Meet of Champions. In 2012 she went on to qualify for the Penn Relays.

We are happy to say that our daughter and her **ZenoLink** trainer Bruce Bowers credit her marked improvement to her **ZenoLink** evaluation and follow up PST program and approaching her training in a truly functional manor specific to her sport.

Our daughter has been accepted to the College of New Jersey where she will continue to pursue her track career and will continue to improve with the help of **ZenoLink**"

My daughter is a pitcher and our goal was to improve her overall pitching performance.

After completing the **ZenoLink** training program we saw a 3 MPH increase in velocity with better pitching mechanics.

**ZenoLink** increased core strength, stability and improved movement patterns and has also transferred over to her hitting. She saw an increase in power at the plate resulting in more extra base hits and home runs. Prior to her **ZenoLink** training she had no home runs, after completing the training program, she hit 7 home runs in her first 10 games the following season.

I believe that athletes who are willing to train hard and willing to follow the **ZenoLink** Training Program can expect to see a dramatic improvement in their athletic performance in their specific sport."

## ZenoLink THE UNDISPUTED LEADER IN THE FIELD OF FUNCTIONAL BIOMECHANICS

Biomechanics—The engine that drives the superficial movements you see in any athletic movement.

Biomechanics is more related to how the body works to produce motion what we at **ZenoLink** like to call movement patterns.

The more efficient you are in those movement patterns the more powerful and consistent you will become in your chosen athletic endeavor.

In order to better understand Biomechanics there are three basic parts

1-Lower Body: Foundation to the ground how you grip the ground how you push and pull against the ground to create speed everything is generated from the ground up, how you push and pull and interact with the ground that allows you to create movement, allows you to create speed this is the start of the power generation process, this is the horsepower of the body.

2-Core: Transition from the raw horsepower generated from the lower body interacting with the ground, converting that raw horsepower into speed basically thru the core moving diagonally and control of that speed which turns into rotational speed rotating about the spine.

3-Upper Torso-Arms: The rotational speed that passes thru the core is now transferred and amplified out to the upper torso and out to the arms and released thru to impact or release.

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"My son has been on the program for several months now and has already developed a more powerful and dynamic pitching delivery. A few key noticeable and improved results from my son's training under the **ZenoLink** system with his conditioning coach include; solid pitching mechanics, increased fastball velocity, throwing with more authority and accuracy, endurance on the mound, and an increased confidence."



"Three months ago, when my son's hitting coach recommended he would benefit from the specialized training offered by you, I was skeptical. But, after meeting with you and your explanation of **ZenoLink** training regiment, I was confident it was worth a try to improve his hitting skills. The progress my son made in 3 months was very noticeable! Improvements in the way he drove his hips using his core, the bat speed at impact with the ball and ball speed off the bat were obvious. In addition, the overall physical conditioning of his core enabled him to perform other functions effortlessly. My son has received many positive compliments from coaches that have observed him. He is looking forward to continuing the follow up training."

