

## Why not improve your handicap in spectacular surroundings?

### The adventures golfers training camp

It is estimated that 80% of all adult population has had a low back problem. This means that if you are a dedicated Golf player you have probably been injured and most likely it is in the lower back region.

The question remains: is this injury originated from Golf playing or because you have some weak links in your movement system? We can be certain of one thing, injuries will affect your Golf play and thus your handicap. Every individual in this training camp is analysed for weak links with scientific methods.

The screening is done in the first two days of the course and then you will start training program for improvement of your weak links and improvement of Golf swing.

The training is a combination of exercises for flexibility and stability.

The methods have a broad scientific foundation and the teachers have over 20 years experience in training of musculo skeletal disorders.

### Itinerary for testing weekend

**Thursday:** Check in to Hótel Hamar in the evening. The hotel is in a middle of a golfcourse and you can enjoy a walk around the course or play some golf in the mood. The hot tubs are specially nice for relaxation before you go to sleep.

### Friday:

**After breakfast we suggest a visit to Borganes, the little village close by, the thermalpool is the place where you meet the locals and the Settlement center helps you to understand the Vikings.**

Your day begins at 14:00 with interviews and exercises. You meet your 3 trainers

Einar, Gauti and Harpa

Einar specializes in Video analyses, Gauti in Golf swing analysis and Harpa in Titleist movement analyses

The therapy program takes place until 17.40 and you have free time until dinner at 19:00 to breathe in the fresh air of Icelandic countryside

**Saturday:** Starts early in the morning. You meet with your therapists and together you go through special tests and training.

After lunch we will go for a little adventure on Langjökull Glacier, Iceland's second biggest glacier, in a super jeep. On the way you will see the most beautiful sights of Iceland.

Hraunfossar and Barnafossar waterfalls, Deildartunguhver, Europe's most powerful hot spring and the woodlands of Húsafell. When up on the glacier we go on a 1 hr thrilling snowmobile ride

All gear and necessary equipment will be provided for you

From 18:00 – 19:00 you meet again and together you get the result of your analyze program



The weekend ends with a lovely dinner at Hotel Hamar

### Föstudagur

	<b>Einar</b>	<b>Gauti</b>	<b>Harpa</b>
14:00 - 15:00	Video hreyfigreiningar	Golfsveiflu Greiningar	Titleist hreyfigreiningar
<b>15:00 - 15:20</b>	<b>Hressing</b>	<b>Hressing</b>	<b>Hressing</b>
15:20 - 16:20	Video hreyfigreiningar	Golfsveiflu Greiningar	Titleist hreyfigreiningar
<b>16:20 - 16:40</b>	<b>Hressing</b>	<b>Hressing</b>	<b>Hressing</b>
16:40 - 17:40	Video hreyfigreiningar	Golfsveiflu Greiningar	Titleist hreyfigreiningar
<b>17:40 - 19:00</b>	<b>Hvíldartími</b>	<b>Hvíldartími</b>	<b>Hvíldartími</b>
<b>19:00 - 22:00</b>	<b>Kvöldmatur og kvöldskemmtun</b>		
	Hér er hægt að setja inn kvölddagskrá		

### Laugardagur

<b>07:00 - 08:30</b>	<b>Morgunverður</b>	<b>Morgunverður</b>	<b>Morgunverður</b>
08:30 - 09:30	Sérpróf/þjálfun	<b>Sérpróf/þjálfun</b>	<b>Sérpróf/þjálfun</b>
09.30-10.00	Hressing	Hressing	Hressing
10.00-11.00	Fræðsla	Fræðsla	Fræðsla
11.00-18.00	Ævintýri á Jökli	Ævintýri á Jökli	Ævintýri á Jökli
<b>18.00-19.00</b>	<b>Niðurstöður greininga</b>	<b>Niðurstöður greininga</b>	<b>Niðurstöður greininga</b>
19.00-24.00	Kvöldverður	Kvöldverður	Kvöldverður

