

Proprioceptive Muscle Activation



By Larry Castro
PGFA Master Instructor

Golf Muscle Activation™



Golf Muscle Activation



Larry Castro has created a revolutionary new process that is called Proprioceptive Muscle Activation™ or Sports Muscle Activation™. He has been applying this process to the program that he has developed for golf, Golf Muscle Activation™ (GMA). This has created a new level of teaching, which is producing incredible results. Additional categories include TMA and SMA, which have evolved for correcting muscular imbalances in the body and improving performance. This process has dramatically improved functional capabilities in people of all age groups, elevating sports performance and delivering immediate results.

The theory behind the method rests upon his proprietary compound training session, which prepares the student to learn, improve performance, and play the game of golf, or any sport. This process is biomechanically based, and when the body is functioning properly, each muscle will engage on demand without thought, and the body will function very efficiently.

By performing GMA™, the body will be in better muscular balance and awareness throughout the workout, as well as through the learning session, which allows participants to gain the greatest results from their sessions. Performing the GMA exercises and teaching methods help to also address any inhibitions that may have occurred during a workout or golf swing. Remember, working out in itself can be traumatizing to one's

muscles. It has been our experience that people who have performed PMA techniques within 24 hours of a workout see an increase in recovery and a reduction in muscle soreness.

The goal of the training is to engage the proper sequencing and firing of muscles for an activity in order to have improved mechanics. Instructors have always said that their goal is to trigger something during the teaching session that will help the student feel the swing sensation and, otherwise, help develop neuromuscular awareness of the movement. During typical golf fitness programs I have witnessed the lack of proper simulation of movements, which essentially impact performance and the learning curve.

This is a game changer, and teachers and students will see fantastic results. We will change the way the game of golf is taught. . . .

Prior to actually hitting balls, a golfer's movement has been prepared, providing proper neuromuscular sensation, strength and stability with proper symmetrical range of motion. That translates to effortless power and unnecessary movements. All areas of fitness are improved, along with increased clubhead speed.

Golf demands a large range of motion through various joints. We utilize our "Golf Muscle Activation™" exercises, along with Fluid Strength™ training and Core Impact Golf™ instruction to teach "Square at Release™" method. We open up relaxed neuro-pathways and increase neuromuscular communication with proprioceptive muscle activation. This brain muscle communication allows for proper neuromuscular strength, which increases joint stability and balance.

We take the complex movements in golf, which use every joint in the human body, and make them simple and subconscious. A consistent, powerful, effortless swing is the key, and this is a function of both a skilled movement and one's body's ability to perform the movements. This is a game changer, and teachers and students will see fantastic results. We will change the way the game of golf is taught. . . .

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Now, helping the student to feel that sensation is typically extremely difficult; when one has several factors creating resistance and improper techniques.

1. Perception and reality do not match. The relationship between what a student thinks he is doing and what he is really doing in the movement.
2. Physical restrictions that include age, decreased range of motion, lack of strength or postural compensations from various injuries, as well as many other factors.
3. Never played the game before or learned the game improperly, and the movements are foreign.

There are other factors that come into play, as well. I have created a progression based on each student that can prepare or change anyone's swing before he hits a ball. With our assessment exercise, I am able to quickly determine a golfer's tendencies and weaknesses.



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