



PRESENTS

DFW HS ATHLETE OF THE MONTH

Tanya Wadhwa, Golf

SCHOOL: Spring Creek Academy

HONORS:

- 2008 Texas Women's Open Champion (Youngest winner in the history of the tournament)
- Lowest Amateur Score, 2007 EMAAR-MGF Ladies Masters Professional Tournament, Bangalore, India
- Black Belt, Tae Kwon Do

DESTINATION: SMU



MJP TRAINING TIPS

- ✎ **TIP #1:** Create explosive elastic recoil in your "X-Factor" using the base-stance cable lift. Standing perpendicular to a cable machine, grasp the handles using overhand grip. Push through the inside leg and rotate the shoulders away from the target; finish with high hands and long torso. Perform 6-8 reps per set in both directions.
- ✎ **TIP #2:** Improve your turn by increasing thoracic spine mobility. Supine on the PB Foam Roller and hands behind your head, begin rolling forward and back allowing the foam to mobilize the muscle and joint segments from between your shoulder blades down to the bottom of your rib cage. Repeat 15 reps.
- ✎ **TIP #3:** Use proper fueling strategies between rounds to allow adequate recovery of muscle tissue and brain function. Substitute water with a fluid mixture of protein, branched-chain amino acids, and complex carbohydrates in a 1:2 ratio of protein-to-carbohydrate. Drink 8-12 ounces before your round, another 8-10 ounces at the turn, and finish with 16 ounces immediately after the round.

Getting better and making the team doesn't mean just training harder. It means training smarter with state-of-the-art equipment, the coolest, edgiest training technology and the world's most advanced training techniques! Performance training at the **Michael Johnson Performance Center** will make you faster, stronger, more agile, more reactive and super-quick. But even more than that, it will give you the visions and attitude of a champion.



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