

Arnold Palmer Golf Academy's Director of Instruction adopts Tempo in Motion, a proven sports performance system

"The most important thing is to establish a system you have confidence in and rely on it when you get into tough situations."

- Arnold Palmer

SANTA FE, NM, September 25, 2013 - Arnold Palmer's Bay Hill Club and Lodge, in Orlando, Florida is everything a country club should be, grand, venerable and elite. Impeccable grounds and gold-standard service set the stage for an incomparable golf experience.

Bay Hill is home to the Arnold Palmer Golf Academy, whose Director of Instruction, John O'Leary honors the old world ambience as he adopts new technology to vault his students to the leading edge of excellence.

O'Leary is the latest golf professional to sign on with Tempo in Motion, a web based company dedicated to improving sports performance. Tempo in Motion offers a game changing system that supports golfers looking to sharpen their game. He joins a roster of young elite coaches such as Dallas-based PGA tour coach Pat O'Brien, who signed on with Tempo in Motion last May.

Tempo Tunes Radio is a mobile web app available through the Tempo in Motion website. It offers an easy to use system based on specially composed music tracks with click patterns matched to the tempo of a golf swing. Golfers select tracks and use them during practice to smooth their rhythm and calm the mind. Voice prompts and a click pattern overlay the music, providing an audible rhythmic structure.

The Tempo in Motion website is where it all begins. By uploading a video of his or her swing, a golfer can test their swing tempo and then select tracks to match it on Tempo Tunes Radio. The website is rich with valuable tips from a variety of sports performance experts and golf professionals.

Tempo Tunes Radio has an ever expanding library with hundreds of instrumental tracks, contributed by accomplished musicians worldwide. Music in various tempos and genres is offered, including classical, country, rock, jazz, world and hip-hop. Once golfers know the tempo for their swings and shots, they can create custom playlists and listen to them anywhere.

Tempo in Motion's system is developed by Mike Boyko, a professional musician with a deep resume as a recording artist and touring drummer. "Professional athletes know that music and rhythm have the power to improve performance on the field. Using the most current research, we developed an original system that demonstrably improves athletic performance by supporting the perfect motion through pleasurable training."

About Tempo in Motion,

Tempo in Motion is a web-based company dedicated to sport performance. Through the website golfers upload and test their swing tempo, then select music from the Tempo Tunes Radio playlist that's best suited to their style. Tempo Tunes Radio offers a wide range of music engineered for practicing golf motions. The mobile Web app plays your Tempo Tunes custom playlists on mobile devices, turning the devices into professional, take anywhere, rhythm and tempo tools.

The Tempo in Motion brand is owned by B-Now Enterprises, a privately held corporation located in Santa Fe, NM. For more information, visit www.tempoinmotion.com.

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