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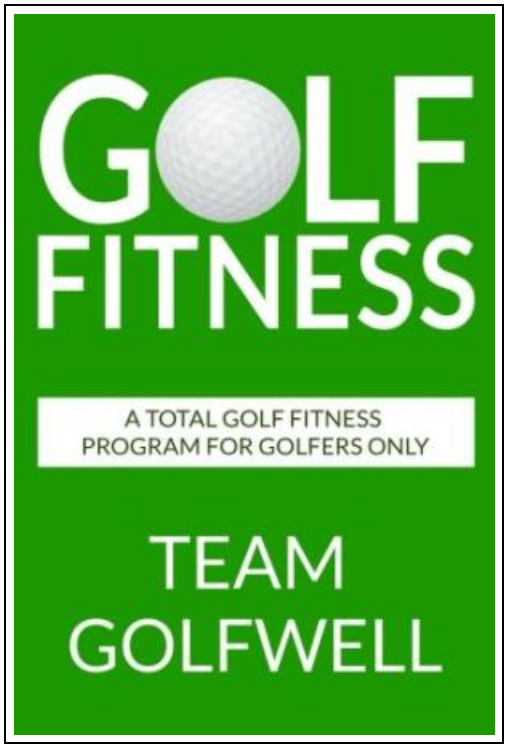

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Reviews

This is an incredible book that I have ever read through. It can be rally exciting throgh reading through time period. I discovered this publication from my i and dad recommended this pdf to find out.

(Friedrich Lynch DDS)

GOLF FITNESS: AN ALL-INCLUSIVE GOLF FITNESS PROGRAM FOR GOLFERS ONLY (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Why is this Total Golf Fitness Program Different? It s a complete and comprehensive golf fitness program covering what most experts call, The Six Elements of a Fitness Program: 1) Aerobics, 2) All Body Strength and Resistance Training, 3) Core Exercises, 4) Balance Training, 5) Stretching, and 6) More Golf Specific Exercises for variety to keep you motivated. You don t need to spend a lot of money on personal trainers, or supplements to get golf fit and play better and maintain flexibility.You don t need to spend hours in the gym, or an hour every day doing intense weight training sets. These exercises are all golf specific and take 4 to 5 hours per week. This book was written to single out and focus on the fitness and flexibility of the golfer and cuts through the vast and massive world of fitness training, exercises, personal trainers, diets, gadgets, etc.It encourages you to set small goals for yourself, gain confidence when you attain the goal, and watch and be happy with yourself as you become trimmer, more toned and flexible, and play better golf easier. If you really want to lower your score, lose fat, avoid injury, be healthier, and look great as quickly as possible then you want to read this book. Here s a preview of what the book covers. You re going to learn fitness programs most golfers will never know: - Stronger cardio so you won t get tired playing the last few holes.- All body muscle toning with moderate weights and high reps.- Golf specific core exercises: a stronger core makes your golf swing easier.- Balance training to keep your shots more consistent.- A ten minute...

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