

Weight Training For Golf: The Ultimate Guide - Kai Fusser

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Weight Training for Golf is the most comprehensive and up-to-date golf-specific training guide in the world today. It contains descriptions and photographs of the most effective weight training, flexibility, and abdominal exercises used by golfers worldwide, including the 2010 US Open champion, Graeme McDowell and World Golf Hall of Famer, Annika Sorenstam. This book features year-round golf-specific weight-training programs guaranteed to improve your performance and get you results. No other golf book to date has been so well designed, so easy to use, and so committed to weight training. This book enables golfers of all skill levels to add extra yardage to their drives and irons without having to buy the latest technology in golf. By following this program you can develop the flexibility and strength required to eliminate fatigue and increase distance with every club in your bag. With stronger and more flexible muscles, you will not only hit the ball farther but you will have better control over all of your shots throughout the round. Most importantly, you will reduce your chances of injury and be able to play 18 holes without any problems. "Through dedication to Kai's methods, I was able to reach the next level and become the number one player in the world for six consecutive years." -- Annika Sorenstam, World Golf Hall of Famer and 10 time major champion

Author: Fusser, Kai Publisher: Price World Publishing
Illustration: N Language: ENG Title: Weight Training for Golf: The Ultimate Guide Pages: 00000
(Unencrypted EPUB) / 00000 (Encrypted EPUB) On Sale: 2012-03-01 SKU-13/ISBN: 9781936910151
Category: Sports & Recreation : Golf - General Category: Sports & Recreation : Training Category: Sports & Recreation : Bodybuilding & Weight Training

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