



Golf Fitness for Men

By Clayton Garland

Strategic Book Publishing Rights Agency, LLC, United States, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Golf Fitness FOR MEN is a book that approaches the game of golf and improvement from the aspect of improving health and fitness. The main components of the book include: strength, flexibility, mobility, stability, motivational factors, nutrition, and the cause and effect relationships between fitness and the golf swing. Concepts are discussed in a slightly technical way and then broken down in laymen s terms so that any average Joe can pick up the book, read it, and understand the concepts. The book is designed for men, and is written in such a way that is very masculine and straight forward. Most guys are not comfortable bouncing on a Swiss-ball in the middle of a gym, going to yoga classes, or doing Pilates because it s not seen as a manly thing to do and that s just the fact of the matter. The goal of the book is to provide men a way to get themselves in better shape for golf and life while still feeling masculine. All they will need is...

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