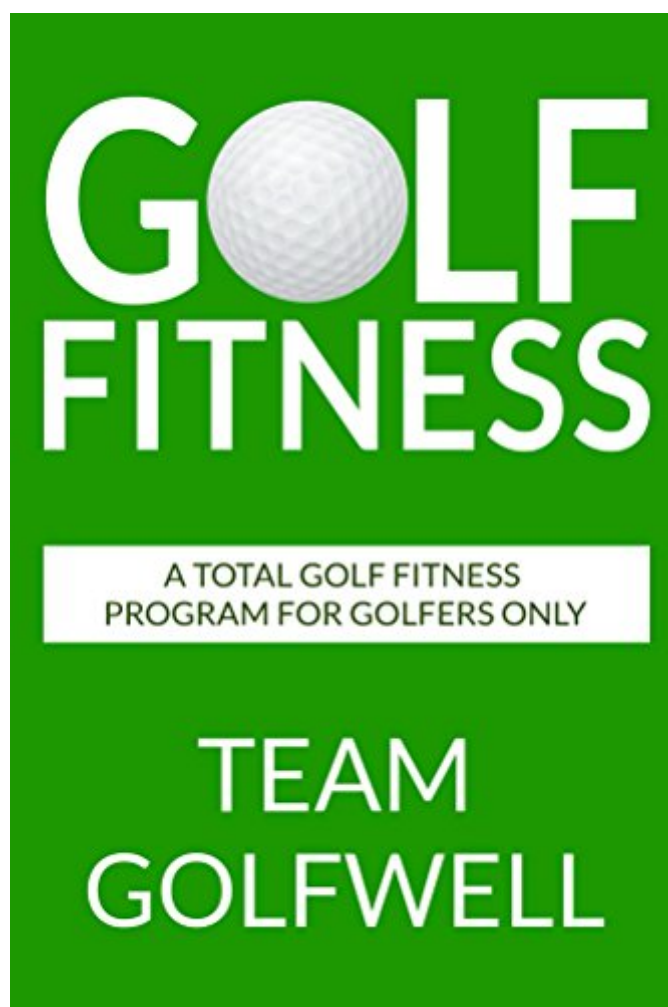


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# Golf Fitness: An All-Inclusive Golf Fitness Program For Golfers Only



## Synopsis

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 a day stretching program for flexibility. Additional exercises, stretches, suggestions on golfer exercise, diet and snack choices, plus a variety exercise options, all geared to make it fun and enjoyable. Imagine yourself in 6 weeks from now, easily walking 18 holes, swinging easier and hitting it farther, and looking more fit. Imagine enjoying a round of golf with a higher energy level, and in a better spirit. Imagine yourself with more self-confidence and pride of achievement. BONUS: A Journal is included in this book to keep track of your workouts and progress. ADDITIONAL BONUS: This book gives you some of the diets of top PGA Tour Golfers, what healthy snacks you should eat playing golf to help you keep focused, besides a complete golfer total fitness program. Scroll up and get this book now and begin your journey to become a better, leaner, and well toned, good-looking golfer!

## Book Information

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