



Complete Conditioning for Golf (Mixed media product)

By Pete Draovitch, Ralph Simpson

Human Kinetics Publishers, United States, 2007. Mixed media product. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Over 25,000 copies of the previous edition are sold worldwide. Aimed at golf players and coaches of all levels, this book and DVD package provides a complete approach to conditioning for golf, including exercises, warm-ups, drills, flexibility programmes, core training, nutrition, back care and injury prevention. The emphasis throughout is on golf-specific, functional activities, meaning that exercises and drills directly tie-in with performance. It includes actual programmes used by PGA Tour players. The DVD takes players onto the course and into the gym to demonstrate drills and exercises used by top pros.



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Reviews

It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication that I, in fact, changed the way I think.

-- **Lucinda Stiedemann**

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