



## Strength Training and Sports Nutrition for Golfers

By Paul CSPN CSCS DC Wanless, Felix CCSP DC Lee

Lulu.com, United Kingdom, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This program is designed to help you improve your nutritional habits and increase your strength, endurance, cardiovascular fitness, flexibility, balance, coordination, and decrease your recovery time between rounds of golf. Common injuries in golf include: low back pain, neck, upper back, and low back sprain/strain, sprains of the wrist ligaments, strains of the muscles in the forearms, shoulders, and hands, carpal tunnel syndrome, hip and knee pain, subluxations of the bones in the upper lower extremities, and poor neuromuscular coordination. This book is designed to help condition your body to prevent these injuries.



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