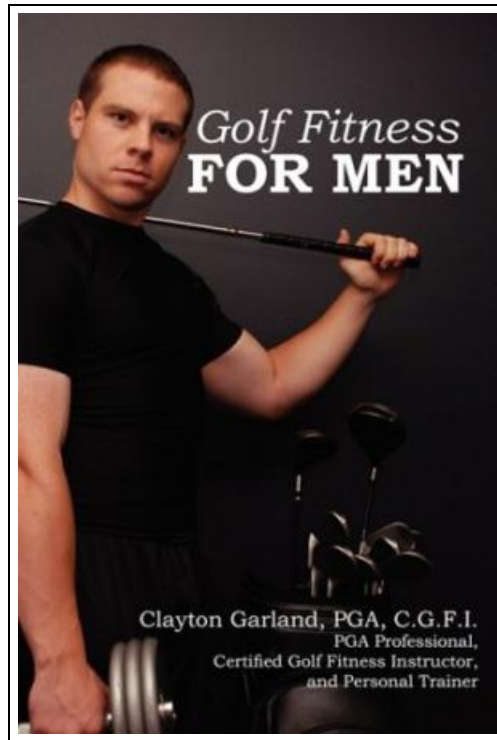


Golf Fitness for Men



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Reviews

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GOLF FITNESS FOR MEN

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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 a basic gym membership and desire. The way the book is written makes it easy to understand and process the information because it is fun to read. Many books for fitness or golf are like instruction manuals; this book is more like a guidepost that s fun and easy to read.

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