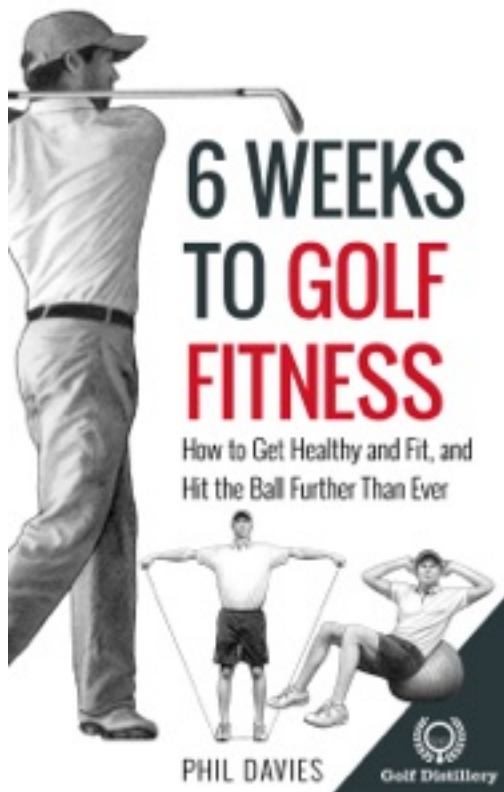


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*6 Weeks To Golf Fitness* provides a series of step-by-step home exercise programs that will help improve every aspect of your golf game. Indeed, these fitness routines were designed specifically for golfers and feature carefully selected exercises that will strengthen the muscles most solicited in golf. The exercise routines can easily be performed in a home or a gym setting and require the use of very few and inexpensive equipments.

Indeed, while many of the golf fitness exercises require no equipment at all some use a combination of the following:

- Swiss ball (stability ball)

- Dumbbells
- Stretch bands (or resistance tubes)

Gain access to the following - beautifully illustrated - golf fitness routines:

- Warm-up
- Beginner, Intermediate, or Advanced Strength and Stability Circuits (depending on your current fitness level)
- Stretching
- Pre-Round Warm-up
- Bonus: Self Myofascial Release (SMR) exercises

Begin your fitness program with confidence knowing that the material provided was assembled by a Strength & Conditioning Specialist, the result of thorough research into the sports science literature. The exercises themselves are all beautifully illustrated, showing you quickly and clearly how to perform the various steps of the programs.

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