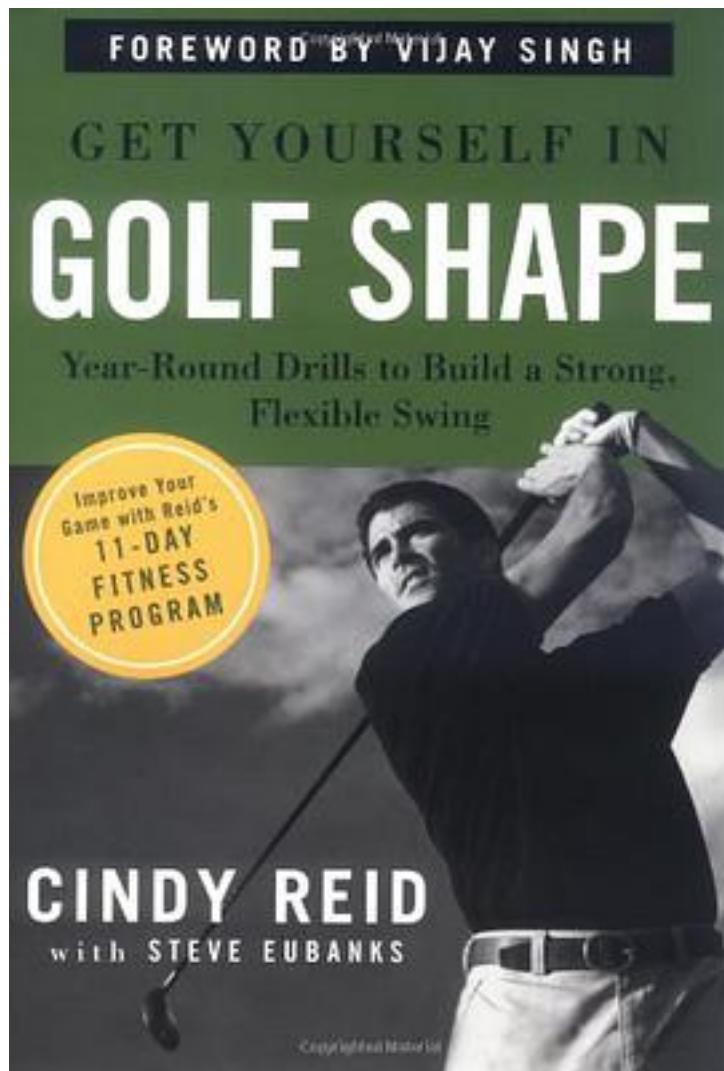


Get Yourself in Golf Shape



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Cindy Reid understands and promotes the value of conditioning. The drills outlined in "Get Yourself in Golf Shape" are a perfect complement to the hours you'll need to spend at the range to measurably improve your golf game and give you that "edge" you'll need stepping up to the first tee. If you want to play great golf, you'll need to be in great shape and work hard to stay here. This book is a great start for both of these goals.

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