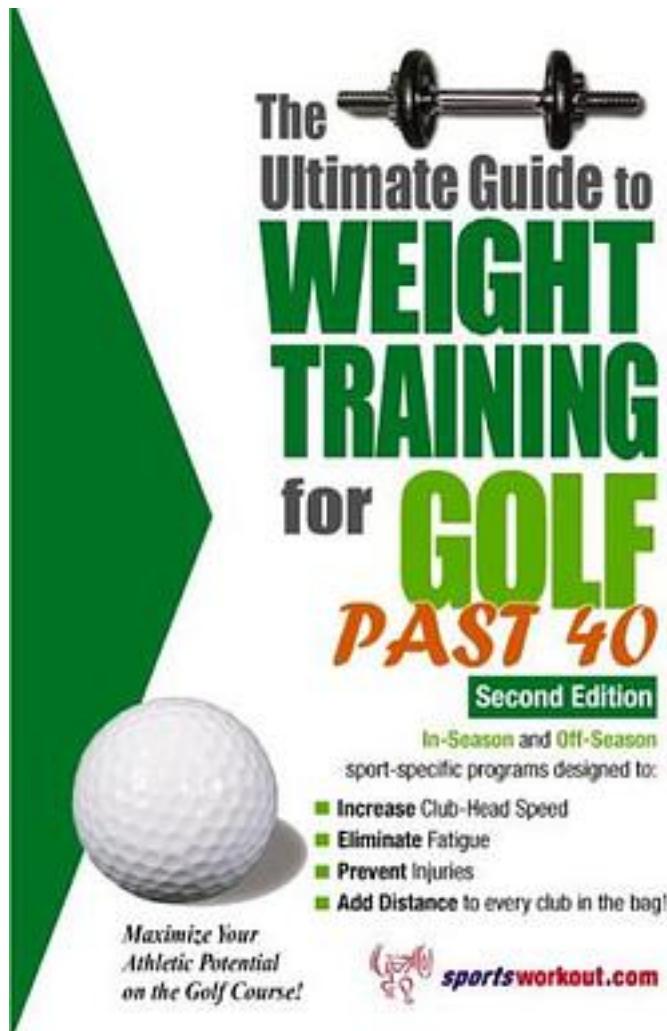


# Ultimate Guide to Weight Training for Golf Past 40



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No other golf book to date has been so well designed for the over 40 set, so easy to

use, and so committed to weight training. This book will have the player increasing strength, quickness, agility, and endurance.

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