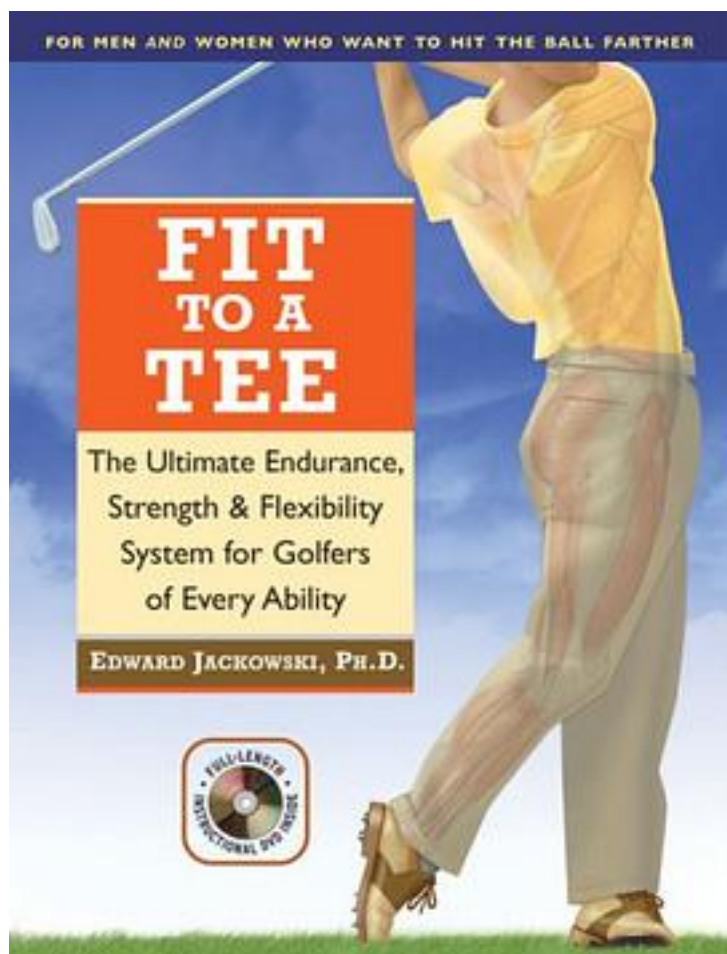


# Fit to a Tee



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Internationally recognized "Body Doctor" and fitness expert Edward Jackowski helps every golfer - man or woman, young or old - play better, consistently, with this easy-to-follow, fully illustrated book plus exercise DVD featuring pro instructors. Here

are the secrets of proper conditioning and how it carries over to your game. Inside are hundreds of illustrated sketches, exercises and routines, for all ages and levels; advice on how to stay focused and an insider look at how your fitness program can be a deciding factor in playing better golf.

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