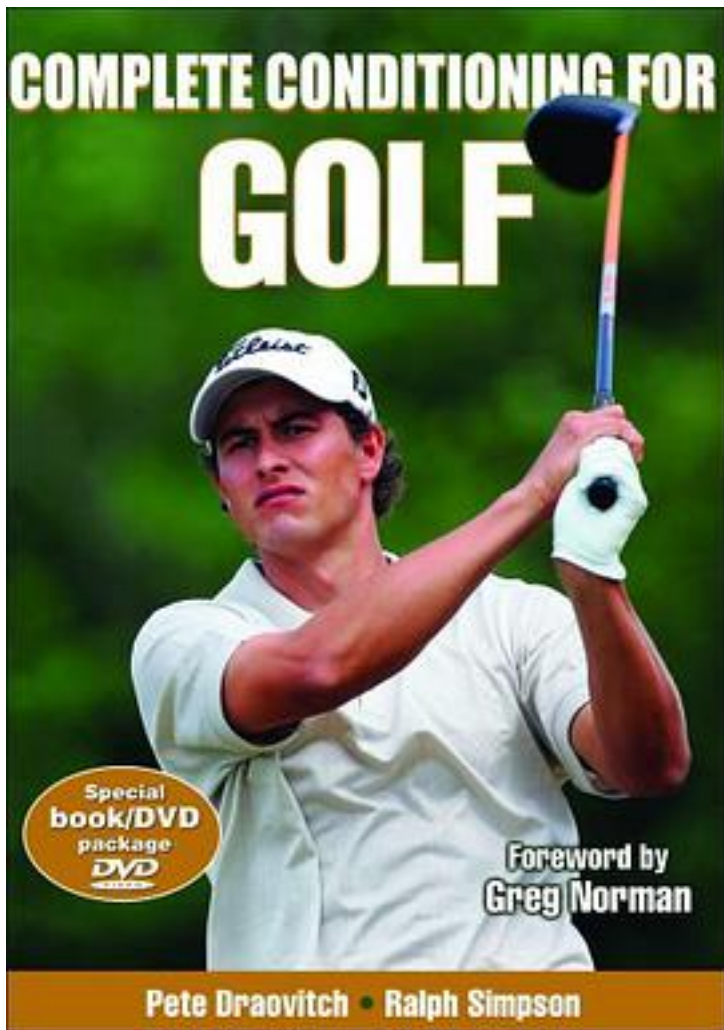


# Complete Conditioning for Golf (Book & DVD)



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著者:Pete Draovitch

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Over 25,000 copies of the previous edition are sold worldwide. Aimed at golf players

and coaches of all levels, this book and DVD package provides a complete approach to conditioning for golf, including exercises, warm-ups, drills, flexibility programmes, core training, nutrition, back care and injury prevention. The emphasis throughout is on golf-specific, functional activities, meaning that exercises and drills directly tie-in with performance. It includes actual programmes used by PGA Tour players. The DVD takes players onto the course and into the gym to demonstrate drills and exercises used by top pros.

作者介绍:

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