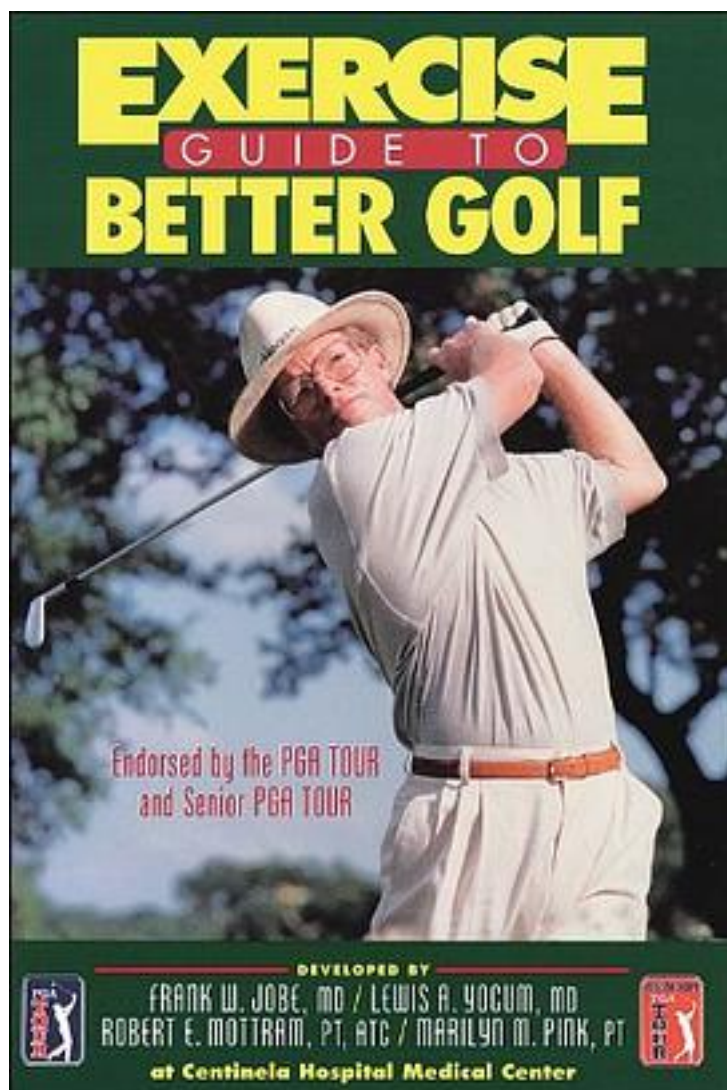


Exercise Guide to Better Golf



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This guide shows readers how to perform the same muscle strengthening and flexibility exercises top golfers on the PGA and Senior PGA tours use to get in shape and stay on top of their game. All of the exercises are easy to learn and have been designed specifically for golfers by Centenela Hospital Medical Center - official hospital of the PGA Tour and Senior PGA tour. The book includes more than 70 photographs of professionals like Fred Couples, Gary Player, Payne Steward and Bernhard Langer demonstrating correct exercise technique. Featured are two easy-to-follow workout routines for stretching and strengthening, which golfers can either use as is or select individual exercises to design a programme that fits their specific needs. The exercises in this book can provide golfers with these benefits: greater flexibility and mobility in their swing; improved muscle endurance for better performance on the back nine; enhanced body tone and weight maintenance; a better conditioned body that is less prone to aches, pains and injuries; and an increased enjoyment of the game. The guide also contains a chapter of exercises to use on the first tee with instructions for proper warming-up before playing a round of golf. Plus, the book provides information on how to improve cardio-vascular endurance and tips for reducing golf-related injuries. Tear-out exercise reminder cards are also included, which summarize the exercises in each workout routine.

作者介绍:

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