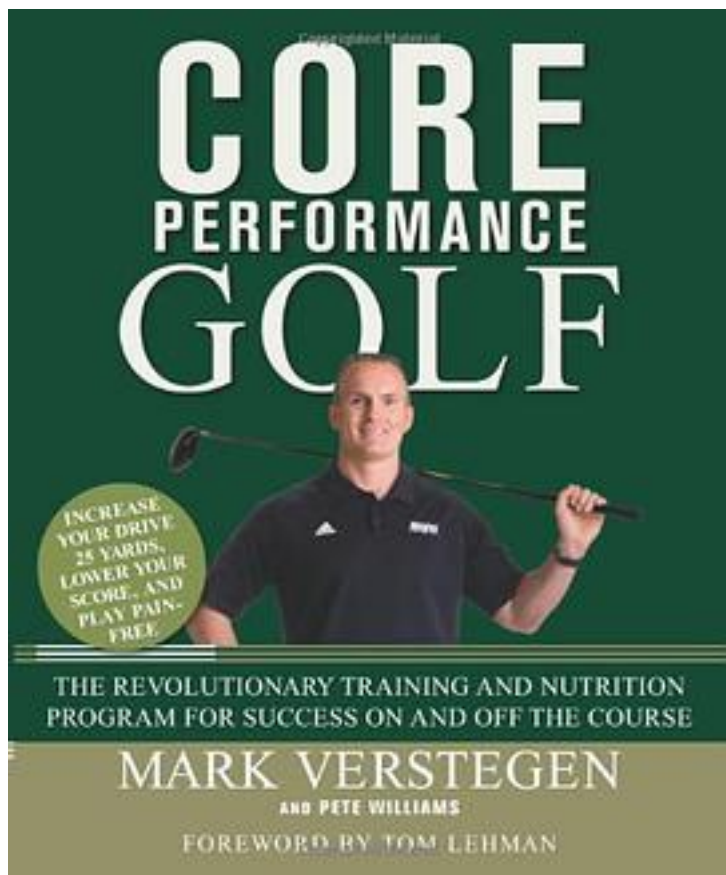


# Core Performance Golf



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出版者:

出版时间:2008-2

装帧:

isbn:9781594866043

The Core Performance phenomenon continues--with this new book that combines the effectiveness of the author's revolutionary training system and the enormous popularity of golf. Mark Verstegen, who has trained hundreds of elite athletes here and abroad at his Athletes' Performance Institutes, among them many PGA and LPGA golfers, now shares with every golfer the methods that have helped the pros develop



their explosive power and strength. In "Core Performance Golf, " golfers will discover: ULLIA training program that is ideally suited to developing the golf swing because so much of the swing, like the Core Program itself, depends on rotation and movementLIExercises designed to help them create more torque and balance, thus adding yards to drives and precision to shots LIA conditioning and nutrition regimen that will build strength, power, and stamina, while reducing the risk of injuries and speeding recovery time LISidebar quotes and tips from famous golfers the author has worked with /LI/UL

作者介绍:

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