



The Max Golf Workout: A Proven Regimen to Improve Your Strength, Flexibility, Endurance, and Distance Off the Tee (Paperback)

By John Little

Sterling Juvenile, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. The first book on golf fitness to provide a complete weight training program specifically targeting the muscles used in the golf swing. For years, strength training was dismissed as an unimportant consideration in improving the golfer's game. But now that more and more professional and amateur golfers have turned to strength training with outstanding results, we know that working out is an absolutely critical factor in boosting golfers' health, fitness, and performance. In *The Max Golf Workout*, John Little, founder of Max Contraction Training, offers a training schedule specific to the fitness needs of the golfer. Its exercises specially target the muscles used in the golf swing to help increase power, flexibility, and muscle endurance. Complete with 150 color photographs and a special chapter on nutrition, *The Max Golf Workout* is sure to help golfers get stronger, hit the ball farther, and play longer--at their best--without fatiguing. 150 color photographs. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports--books about baseball, pro football, college football, pro and college basketball, hockey, or...



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