

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 golfers 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 soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Lois Duncan: Author of *I Know What You Did Last Summer* (Authors Teens Love), *The Bertrams & The Way We Live Now*, *Forbidden Fruit*, *4th Grade History: Ancient Civilizations: Fourth Grade Books for Kids* (Childrens Ancient History Books), *Money, Lions: King of Beasts*, *The life of Dr. Benjamin Franklin*, *The arcane formulas or mental alchemy: A supplementary volume to The arcane teaching*, *Hidden (Left Behind: The Young Trib Force Book 3)*, *Deploying and Managing Exchange Server 2013 High Availability*,

The first book on golf fitness to provide a complete weight training program specifically targeting the muscles used in the golf swing. For years *The Max Golf Workout*. The first book on golf fitness to provide a complete weight training program specifically targeting the muscles used in the golf swing. If you're getting ready to hit the links and want to add some major yardage to your game, we have an answer to help you shock your buddies on the course with *The NOOK Book* (eBook) of the *The Max Golf Workout* by John Little at Barnes & Noble. FREE Shipping on \$25 or more! 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 *3 Moves For Golfers*, Cory Gregory, *Max Effort Muscle*, *Best Sports Articles*, *Best Workouts*, *Best Workout Articles*, *Best Fitness Articles*, *Best Supplement Articles*, For years, strength training was dismissed as an unimportant consideration in improving the golfers game. But now that more and more professional and - 2 min - Uploaded by Perform Better Golf <http://golf-exercises/instant-download-ebook/> - Mike Pedersen *The Max Golf Workout* (paperback). The first book on golf fitness to provide a complete weight training program specifically targeting the muscles used in the golf For years, the importance of strength training for golfers was maligned or dismissed. But now that more *The Max Golf Workout* by John Little Paperback \$7.59. Buy *The Max Golf Workout* by John Little (ISBN: 9781602392281) from Amazons Book Store. Everyday low prices and free delivery on eligible orders. *The Max Golf Workout* (paperback). The first book on golf fitness to provide a complete weight training program specifically targeting the muscles used in the golf *The Max Golf Workout* - Ebook written by John Little. Read this book using Google Play Books app on

your PC, android, iOS devices. Download for offline 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 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 Blair O'Neal, a model and pro golfer, shared this workout with our readers and explains why she does these specific exercises to improve her strength, power, 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 Weight training may provide a power advantage for golfers. This exercise A Weight Training Program for Golfers Emphasis is on building maximum power.

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