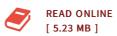




# Golf Fitness for Men

By Clayton Garland

Strategic Book Publishing Rights Agency, LLC, United States, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*.Golf Fitness FOR MEN is a book that approaches the game of golf and improvement from the aspect of improving health and fitness. The main components of the book include: strength, flexibility, mobility, stability, motivational factors, nutrition, and the cause and effect relationships between fitness and the golf swing. Concepts are discussed in a slightly technical way and then broken down in laymen's terms so that any average Joe can pick up the book, read it, and understand the concepts. The book is designed for men, and is written in such a way that is very masculine and straight forward. Most guys are not comfortable bouncing on a Swiss-ball in the middle of a gym, going to yoga classes, or doing Pilates because it s not seen as a manly thing to do and that s just the fact of the matter. The goal of the book is to provide men a way to get themselves in better shape for golf and life while still feeling masculine. All they will need is...



## Reviews

Completely essential read through publication. It normally does not expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Morris Cruickshank

The most effective publication i at any time go through. This is certainly for all those who statte that there had not been a worthy of looking at. Its been printed in an extremely straightforward way which is merely soon after i finished reading this publication where basically changed me, change the way in my opinion.

-- Madyson Rutherford

## Relevant Books



# Three Simple Rules for Christian Living: Study Book

Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group study by Jeanne Torrence Finley is based...



### Im Going to Read 174 Baby Im Bigger by Harriet Ziefert 2007 Paperback

Book Condition: Brand New. Book Condition: Brand New.



### My Friend Has Down's Syndrome

Barron's Educational Series Inc.,U.S. Paperback. Book Condition: new. BRAND NEW, My Friend Has Down's Syndrome, Jennifer Moore-Mallinos, Younger children are normally puzzled when they encounter other kids who suffer from Down's Syndrome. Here is a heartwarming and reassuring story of how an...



### Why Is Mom So Mad?: A Book about Ptsd and Military Families

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The children's issues picture book Why Is Mom So Mad? is a story for children in military...



#### Where Is My Mommy?: Children s Book

 $Create space, United States, 2013. \ Paperback. \ Book \ Condition: New. \ 279 \ x \ 216 \ mm. \ Language: English. \ Brand \ New \ Book \ ***** Print on Demand \ *****. This children \ s book \ is \ wonderfully illustrated. \ It has an awesome plot to draw the reader into the story. This...$ 



### Very Short Stories for Children: A Child's Book of Stories for Kids

 $Paperback.\ Book\ Condition:\ New.\ This\ item\ is\ printed\ on\ demand.\ Item\ doesn't\ include\ CD/DVD.$