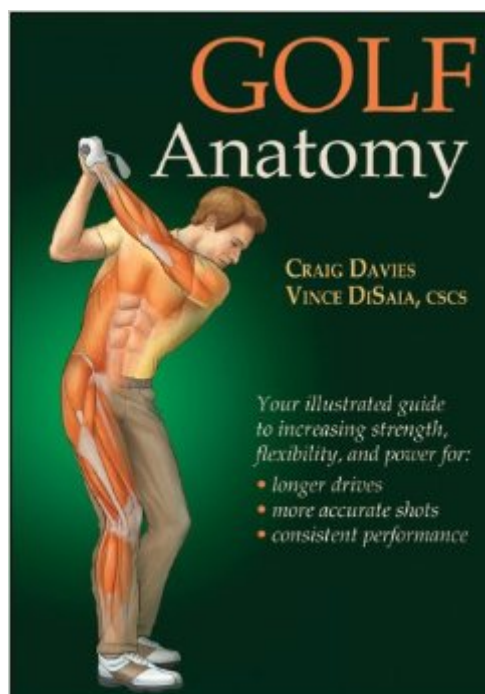


The book was found

Golf Anatomy



Synopsis

See your golf game as you never have before. See what it takes to improve consistency and performance on the links. Golf Anatomy will show you how to lower your score by increasing strength, power, and range of motion for longer drives and more accurate shots. Golf Anatomy includes 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Golf Anatomy goes beyond exercises by placing you at the tee, on the fairways, and on the greens. You will see how to improve mobility, stability, body awareness, and muscle strength to add distance to drives, consistency to your short game, and accuracy to your putts. From sand traps to awkward lies, Golf Anatomy will prepare you for even the most challenging of shots. Plus, you will learn how to stay at the top of your game with targeted injury-prevention exercises for the lower back, elbows, wrists, shoulders, and hips. Combining expert instruction with beautiful, full-color illustrations, Golf Anatomy is truly an inside look into the game. Whether you're a scratch golfer or simply a fan of the game, this book is a hole-in-one. v

Book Information

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Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (43 customer reviews)

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Customer Reviews

By my nature and by choice, I strive to be positive whenever possible. I begin this review with some positive points before changing direction. It might be helpful to know I hold multiple degrees in sports science ... biomechanics/kinesiology and motor learning. My personal library includes more than 1,000 golf related books and numerous graduate level textbooks. I coached a nationally ranked NCAA Division I golf team and have sold golf lessons to more than 10,000 paying clients over the

last 30 years. BEFORE writing this critique, I took the time to read all of the other reviews. In fairness to the authors, I purchased their book because of the pretty picture on the front cover as well as the organization of the table of contents. I completely agree with other reviewers who found this book to be an excellent fitness book. There is little doubt any person who engages in the contents will be more fit and able to play better golf ... stronger, more flexible, more stable, in better balance and less prone to injury! The overall organization of the book is excellent. It logically and correctly flows through the necessary progress for improved strength and flexibility being precursors for improved balance, stability and injury resistance. The authors correctly write about how the golf swing and the teaching of the game have improved due to technology (high speed cameras and biomechanics labs). The largest change has been from a hand and arm dominated viewpoint to a "big muscle", body centered motion which sums forces in a kinetically linked chain. Moving from the ancient to the modern creates a need to better understand how the body, not the arms must function. Having said these positive things, it is also necessary to point out some problems with the book.

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