



# **Stretching For Golfers: The complete 15-minute stretching and warm up routine that will help you improve your golf swing, score, and game**

*David Nordmark*

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**Discover The Relationship Between Being Relaxed, Flexible And Playing A Great Game Of Golf**

Is it possible to improve your golf swing or perform a perfect putt when your muscles are stiff and sore? The answer is obviously no, and yet this is exactly what many golfers do. They are not able to perform at their best because their bodies are not at their best. Although it is completely intuitive, most recreational golfers ignore the relationship between being relaxed, flexible, and playing a great game. Don't be one of them.

*Stretching For Golfers* is a complete 15 minute stretching and warm up system that will help you improve every facet of your game. It includes the following:

- Deep Breathing Exercises - Typically ignored, these exercises will help relax and energize your body. If you're not mentally calm before you hit the links, you will not be able to perform to your full potential. These exercises will get you there.
- Stretches for Your Trunk/Torso - This is the power center of your body. If you want a powerful golf swing, your trunk/torso must function at peak efficiency
- Stretches For Your Hips - Without knowing it, many people suffer from tight hips. Are you one of them? Proper hip rotation is vital if you want to swing a golf club with power and grace.
- Shoulders - Tight shoulders are the mortal enemy of effective golf swings. Performing the stretches in this book will ensure that your shoulders are loose and flexible.

*Stretching For Golfers* will ensure that your body is in tip top condition so that you can play to the maximum of your potential.

***If this sounds good to you, get this book and get ready to play your best game today!***

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