



# The Golf Biomechanic's Manual: Whole in One Golf Conditioning

*Paul Chek*

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## **The Golf Biomechanic's Manual: Whole in One Golf Conditioning** Paul Chek

Clubs don't play the game, the golfer does! The only way to achieve lower handicaps is to improve the function of the golfer, the person who actually swings the club. Proper self-conditioning is vital to reach peak performance. Whether you are a golfer, a golf pro or a fitness professional, this book is key to improving the game of golf.

You will understand:

- How tight muscles affect the swing and what to do about them.
- Why warming up before playing can dramatically enhance play.
- The correct way to train for improved flexibility, strength and power.
- The difference between functional strengthening exercises for golf and bodybuilding-type exercises that are not beneficial for the game.
- Why breaking the Flexibility - Stability - Strength - Power formula can break your body!

Golfers using the Whole in One formula have often added over 30 yards to their drive within three months! Why be on par with other golfers when The Golf Biomechanic's Manual gives you the very tools to excel above the rest?

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