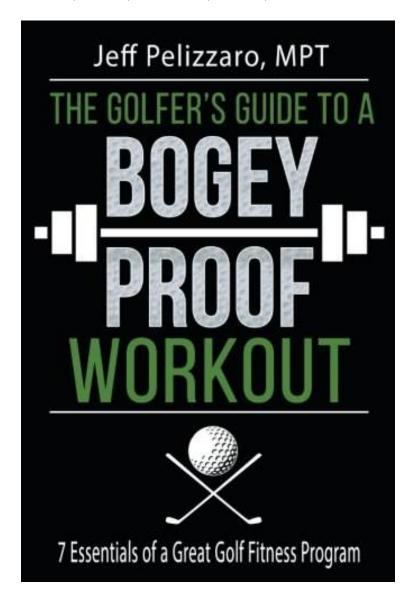
## The Golfer's Guide to a Bogey Proof Workout: 7 Essentials to a Great Golf Fitness Program

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3 of 3 review helpful Great Resource for Golf Fitness By Ed Gavin I am a 10 handicap golfer in my late 50 s and now more then ever I need to improve my strength and flexibility in order to play better golf and get back to the clubhouse pain free I have not been able to find much material on how to tailor my gym and aerobic workouts to help with my golf until I read Bogey Proof Workout The book is relatively brief and to If you order the PAPERBACK version you can then get the Kindle version for FREE What if there were a list of SIMPLE principles that you could apply to your workouts that would completely revolutionize your golf game and your body Let me ask you this Do you know you need to be more flexible but aren rsquo t sure which exercises and stretches will get you there Are you struggling to get more distance off the tee Do you have a stiff lower back or nagging in About the Author Jeff Pelizzaro is a licensed physical therapist and golf fitness professional He rsquo s the co founder of 18STRONG a golf fitness website and podcast where the mission is simple Help golfers Train Harder Practice Smarter and Play Better

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