

Download The Golfers Guide To Pilates Step By Step Exercises To Strengthen Your Game

This is an excellent book on using Pilates to play better golf. Golf uses the muscles of the trunk to generate power. It depends on balance and good posture for accuracy. Pilates has become the premier training choice for top golfers. Now, The Golfer's Guide to Pilates offers an affordable and convenient way for all golfers to gain the benefits of this popular conditioning method. A true step-by-step guide with a single goal in mind - lowering one's scores - The Golfer's Guide to Pilates teaches exercises that directly address and improve the player's abilities in every aspect of the game. Get this from a library! The golfer's guide to Pilates : step-by-step exercises to strengthen your game. [Monica Clyde; Robert Holmes]