



Core Performance Golf: The Revolutionary Training and Nutrition Program for Success On and Off the Course

Mark Verstegen, Pete Williams

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The Core Performance phenomenon continues-with this new book that combines the effectiveness of the author's revolutionary training system and the enormous popularity of golf. Mark Verstegen, who has trained hundreds of elite athletes here and abroad at his Athletes' Performance Institutes, among them many PGA and LPGA golfers, now shares with every golfer the methods that have helped the pros develop their explosive power and strength.

In *Core Performance Golf*, golfers will discover:

- A training program that is ideally suited to developing the golf swing because so much of the swing, like the Core Program itself, depends on rotation and movement
- Exercises designed to help them create more torque and balance, thus adding yards to drives and precision to shots
- A conditioning and nutrition regimen that will build strength, power, and stamina, while reducing the risk of injuries and speeding recovery time
- Sidebar quotes and tips from famous golfers the author has worked with

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Joshua Canfield:

This Core Performance Golf: The Revolutionary Training and Nutrition Program for Success On and Off the Course book is simply not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is actually information inside this guide incredible fresh, you will get info which is getting deeper you read a lot of information you will get. This particular Core Performance Golf: The Revolutionary Training and Nutrition Program for Success On and Off the Course without we know teach the one who reading it become critical in imagining and analyzing. Don't be worry Core Performance Golf: The Revolutionary Training and Nutrition Program for Success On and Off the Course can bring once you are and not make your case space or bookshelves' turn out to be full because you can have it with your lovely laptop even phone. This Core Performance Golf: The Revolutionary Training and Nutrition Program for Success On and Off the Course having very good arrangement in word and also layout, so you will not sense uninterested in reading.

Benjamin Manno:

A lot of people always spent their free time to vacation or perhaps go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a new book. It is really fun in your case. If you enjoy the book which you read you can spent the entire day to reading a book. The book Core Performance Golf: The Revolutionary Training and Nutrition Program for Success On and Off the Course it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. If you did not have enough space to create this book you can buy the particular e-book. You can more easily to read this book out of your smart phone. The price is not too expensive but this book offers high quality.

John Bullard:

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Effie Peoples:

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