

ROD ANDERSON'S

STRETCHING

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Help Prevent Golf Injuries

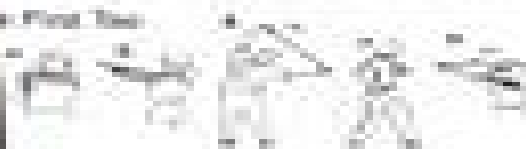
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STRETCHING FROM STRETCHING FOR BETTER
GOLF, THE DVD & THE BOOK

THE DVD & THE BOOK ARE THE ONLY GOLF STRETCHING
DVD & BOOK THAT ARE BOTH AVAILABLE IN ONE PLACE

1. First Set



Bob Andersons Stretching For Better Golf

Bob Carroll



Bob Andersons Stretching For Better Golf:

Golf Performance Training Gary Bannister, MEd, 2016-04-20 If youve been golfing for any stretch of time youve probably been exposed to the myth that movement based functional training and sport specific exercise can make you a better golfer Gary Bannister reveals a proven muscle based alternative that gets better results proper strength training A longtime golfer Bannister has played with some of the worlds greatest champions He established and coached the mens and womens varsity golf teams at Averett College and opened South Americas first Nautilus gym which led him to prepare Venezuelas male and female golf teams for the World Team Amateur Championship in 1986 Bannister advises golfers to build the muscles involved in golf in the most efficient and effective way you can without trying to be specific That means without trying to duplicate the actions of the golf swing Only after youve done that should you focus on learning to use that strength to your advantage on the golf course Filled with golfing anecdotes rich history and exercises that will keep you fit youll be amazed by how much your game improves through Golf Performance Training

Bowker's Complete Video Directory, 2000 *Video Rating Guide for Libraries*, 1992 **Forthcoming Books** Rose Arny, 1996 *Yoga for Men* Thomas Claire, 2003-10-08 A comprehensive introduction to yoga geared to men of all ages and backgrounds whether they re athletic or sedentary young or old devotees of yoga seek new information to enhance their existing practices or neophytes just starting out of their yoga journals **Bowker's Complete Video Directory 2001**, 2001 **Resource Guide** Association for Fitness in Business (U.S.), 1990 *Getting Back in Shape* Bob Anderson, Bill Pearl, Ed Burke, 2006-11-09 And special programs allow readers to exercise while at work or on the road The third edition of *Getting Back in Shape* includes a new section on running by Jeff Galloway Olympic athlete and author of the bestseller *Galloway s Book on Running* *Stretching* Bob Anderson, 2000 Illustrates stretching exercises designed to increase flexibility and help prevent injury and suggests specific stretch routines for a variety of sports

The Sports Video Resource Guide Bob Carroll, 1992 Sports videos from tapes of history making games to how to guides are the fastest growing part of the home video market This sourcebook provides review and recommendations on every area of interest including such top rated videos as TV s Greatest Legends and Not So Great Moments in Sports 32 photographs

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