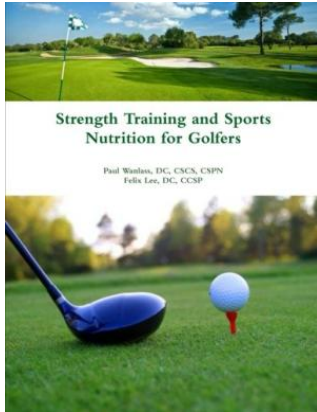


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Lulu.com, United Kingdom, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This program is designed to help you improve your nutritional habits and increase your strength, endurance, cardiovascular fitness, flexibility, balance, coordination, and decrease your recovery time between rounds of golf. Common injuries in golf include: low back pain, neck, upper back, and low back sprain/strain, sprains of the wrist ligaments, strains of the muscles in the forearms, shoulders,...

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- Authored by Paul CSPN CSCS DC Wanlass, Felix CCSP DC Lee
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