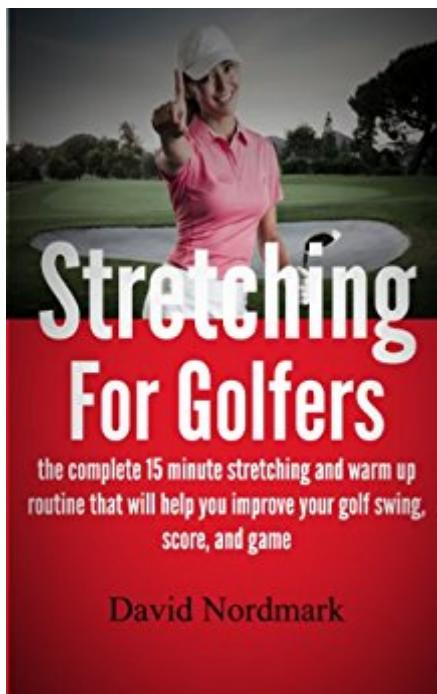


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# Stretching For Golfers - The Complete 15 Minute Stretching And Warm Up Routine That Will Help You Improve Your Golf Swing, Score, And Game (golf Instruction, Back Pain, Golf Books, Golf)



## Synopsis

Is it possible to improve your golf swing or perform a perfect putt when your muscles are stiff and sore? The answer is obviously no, and yet this is exactly what many golfers do. They are not able to perform at their best because their bodies are not at their best. Although it is completely intuitive, most recreational golfers ignore the relationship between being relaxed, flexible, and playing a great game. Don't be one of them. Stretching for golfers is a complete 15 minute stretching and warm up system that will help you improve every facet of your game. It includes the following:

- Deep Breathing Exercises - Typically ignored, these exercises will help relax and energize your body. If you're not mentally calm before you hit the links, you will not be able to perform to your full potential. These exercises will get you there.
- Stretches for Your Trunk/Torso - This is the power center of your body. If you want a powerful golf swing, your trunk/torso must function at peak efficiency.
- Stretches For Your Hips - Without knowing it, many people suffer from tight hips. Are you one of them? Proper hip rotation is vital if you want to swing a golf club with power and grace.
- Shoulders - Tight shoulders are the mortal enemy of effective golf swings. Performing the stretches in this book will ensure that your shoulders are loose and flexible.

Stretching For Golfers will ensure that your body is in tip top condition so that you can play to the maximum of your potential. If this sounds good to you, get this book today.

## Book Information

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## Customer Reviews

I normally no longer purchase many books for my golf library as it is quite full and the content of many of them is repetitive. I purchased Stretching for Golfers on a recommendation from someone and, for \$0.99 it was not a hardship to do so. The basic philosophy of the book's benefits are, in my opinion, quite sound. By having relaxed, stretched out muscles, a golfer (or any athlete) can achieve superior performance, so the benefits of what the book offers are useful. I have tried most of the stretches illustrated in this book over the years and they are good exercises that do not force you to do anything weird or hurtful to yourself. They are all good general fitness stretches, and herein lies my complaint about the book's offering. It would have been nice to see the stretching presented in a manner specific to how it might benefit the golf swing with each exercise. The book largely presents itself as a general stretching manual that golfers can find useful instead of a golf specific stretching book. As compared to some of the other golf stretching books on the market (some of which I own) this book has the benefits of being inexpensive, presenting sound, helpful stretches that are useful for golfers (or anyone), and is a quick, easy read that sits on my iPad or iPhone for quick reference. In all, not a bad way to spend \$0.99.

As a lifelong golfer, I strongly concur with the notion expressed by David Nordmark that a golfer should stretch out before playing each round. In his new book, "Stretching For Golfers - The complete 15-minute stretching and warm-up routine that will help you improve your golf swing, score, and game", he shows an easy and effective way to get this done. These simple exercises would be a help to even young and supple golfers, but for players who are a bit older than that a stretching routine like this is indispensable. Most weekend golfers do a poor job of making a complete shoulder turn in their swing, and they try to compensate for this subconsciously and form bad swing habits without even realizing it. It is no accident that PGA tour players spend a long time warming up before each round both with stretching exercises like these and hitting practice balls and putts. Nordmark is an expert in physical conditioning, specializing in what he calls body weight exercises without using weights. The exercises are easy and effective, and each one is well illustrated using models. A basic 15 minute stretching program is presented as well as additional stretches for specific parts of the body such as the shoulders, arms, back, legs and hips. Most

serious golfers spend a lot of money on the game be it for equipment, lessons, club dues, etc. Why not get the most out of your game by downloading this concise little stretching book and get in the habit of properly stretching before each round? It could be the best money a golfer ever spent.

For the love of the game you'd do anything to improve it right? Right! So I bought this lil' book and who knew that something so simple as stretching could actually improve my game? But after reading through it quickly I was able to see why. The routines described in this book are very well laid out with movements seeming fluid. There are even photographs that demonstrate the proper stance for persons like me who just can't see an exercise routine in their head. Now I fall into the category of the extra stiff type so it was great that David included some additional stretches that I could use. Funny thing is I use golf as a way to relax but never thought that I actually needed to do anything to prepare my body to golf. I've been noticing that when I practice my release in my golf swing I start to feel an ache in the top of my left forearm and it has gotten to be annoying so hopefully I will see an improvement when I get back on the course in a few days. I'm really getting a lot of take a ways in this book, there is even a stretch in here that helps to realign your spine and I learned what movements to avoid in curving the spine. The suggested breathing exercise is a great way to prepare for your golf game but I have found myself using it now just to prepare myself for the day and as a quick injection at the office. It really helps me to stay focused and I feel so energized after it. There is an array of stretches outlined in this book so that one never becomes bored. I have even adopted one that I use in my office on a daily basis; well it's only actually been three days but I've made a lil game of it for myself in hopes to see some improvement along the sides of my body. I really love the organization of Stretching for Golfers. No long details just quick easy to follow instructions; something this gal on the go needs.

It is a very practical guide to know how to stretch for golf. Us "veterans of the links" could use her advice.

I have been playing golf for about three years now, and was looking for a way to improve my golf more. The book is well written and informative, with the instructions laid out so they were easy to follow. The author provided complete insights into the physical training aspect of golf, and shows you that you are not as fit or flexible as you think. Although the stretches are all great, but I didn't like that the pictures showing the stretches are all in black and white. With the new e-readers like the Kindle Fire that can display color, I like to see color. That's why I am giving it three stars.

These exercises are described and illustrated clearly. Pick a couple that address your weaknesses, print out the instructions and use them to increase your range of movement.

I am 72 and have been stretching regularly for 20 plus years. I am far more flexible than most of my friends and although I am only 5' 8" I still hit the ball as long as most 40 year olds. This book contains some of the stretches I was already using but happily added many more they I will add to my routine. You will also find it easy to understand. This book will help golfers at any age and will keep you fit for years to come.

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Fantasy, Fantasy ... TV, TV Guide, Game of Thrones Book) The Stack and Tilt Swing: The Definitive Guide to the Swing That Is Remaking Golf STICKMAN Golf Swing: Simplified Swing for Lower Scores - Easier on the Body - Less Practice to Maintain The Plane Truth for Golfers Master Class: Advanced Lessons for Improving Swing Technique and Ball Control for One-Plane and Two-Plane Swings Dave Pelz's Short Game Bible: Master the Finesse Swing and Lower Your Score (Dave Pelz Scoring Game Series)

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