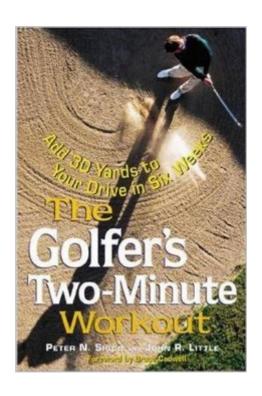
The book was found

The Golfer's Two-Minute Workout





Synopsis

Golf is a sport that has largely overlooked the critical role of strength training. It's a law of physics, however, that greater strength drives the ball a greater distance and that a stronger golfer is a better golfer. From a subtle wink of an eyelid to a thunderous 300-yard drive, muscles are responsible for our every motion and for generating all of our power. Now, using a totally new and amazingly successful training program, golfers can add up to 30 yards to their best drive after just six weeks--with a total workout time of only 24 minutes! Based on the extensive research of health-and-fitness authorities Peter N. Sisco and John R. Little, The Golfer's Two-Minute Workout is a super-productive and lifestyle-friendly fitness program. It takes basic, familiar exercises and illustrates how to perform them in a way that maximizes conditioning for success on the links. Certainly the quickest exercise regimen ever recommended--a mere two minutes of actual exercise time--this program is nothing short of revolutionary. Peter N. Sisco is the editor of the Training with Precision Newsletter and the author of many fitness books, including Power Factor Training. John R. Little, a fitness writer for more than 15 years, is the author of numerous fitness books, including The Warrior WIthin and Power Factor Training.

Book Information

Paperback: 176 pages

Publisher: McGraw-Hill; 1 edition (June 11, 1998)

Language: English

ISBN-10: 0809229390

ISBN-13: 978-0809229390

Product Dimensions: 6 x 0.4 x 8.9 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 3.0 out of 5 stars Â See all reviews (12 customer reviews)

Best Sellers Rank: #1,839,909 in Books (See Top 100 in Books) #171 in Books > Sports &

Outdoors > Coaching > Golf #526 in Books > Health, Fitness & Dieting > Exercise & Fitness >

Quick Workouts #2557 in Books > Sports & Outdoors > Golf

Customer Reviews

My first thought when encountering this book was that the claims were too outrageous. Thirty yards is a lot, especially after only 6 weeks. However, I think it's silly to spend thousands of dollars on clubs and green fees and not be willing to spend a few bucks for a book. I have worked out off and on for many years with weights. I stopped my routine and dutifully followed the book. I worked out

once a week, doing the exercises as outlined. After about 5 weeks, I didn't notice any appreciable increase in my strength or my driving distance. Yes, the amount of weight that I could lift using their static technique had increased quite a bit. However, the same thing happens when I lift weights normally. Anytime I start a new exercise, I am initially very bad at it and improve quickly to a plataeu. On the book itself. I was really disappointed that the authors made their claims based on a study of 6 golfers. Just 6! That's hardly enough for any kind of reasonable statistics. Furthermore, they didn't use any kind of control group to verify that it wasn't simply a placebo effect. I would also have like to seen a control group to verify that the extra yardage wasn't caused by people simply trying harder because they were part of an experiment. I kept wondering if these people were practicing at the range more often because of this experiment. Also, the exercises are hard to perform without a partner. They seem to work better if you have someone to put the weight into position for you. Also, I found that some exercises were hard to do with the equipment I had at home. It seemed like I was expending a fair amount of effort using other muscles just to hold my position. Sometimes, I didn't feel that the target muscles got exercised as much as they were supposed to be.

Download to continue reading...

The Golfer's Two-Minute Workout The Golfer's Guide to a Bogey Proof Workout: 7 Essentials to a Great Golf Fitness Program Strength Training Anatomy Workout II, The (The Strength Training) Anatomy Workout) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) The Golfer's Guide to Pilates: Step-by-Step Exercises to Strengthen Your Game Nancy Lopez's the Complete Golfer The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection Sixty-Minute Seder: Preserving the Essence of the Passover Haggadah (Sixty-Minute Collection) The 15 Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye Coordination, and Tracking Ability (The 15 Minute Fix Book 14) 1 Minute Core: Strengthen Your Core In Only 1 Minute? The 5-Minute Clinical Consult 2017 (The 5-Minute Consult Series) The 5-Minute Pediatric Consult Premium – Online and Print (The 5-Minute Consult Series) The 5-Minute Clinical Consult Standard 2015: 30-Day Enhanced Online Access + Print (The 5-Minute Consult Series) The 5-Minute Obstetrics and Gynecology Consult (The 5-Minute Consult Series) The 5-Minute Pain Management Consult (The 5-Minute Consult Series) Wills Eye Institute 5-Minute Ophthalmology Consult (The 5-Minute Consult Series) The 5-Minute Emergency Medicine

Consult (The 5-Minute Consult Series) 3-Minute Reading Assessments: Word Recognition, Fluency, and Comprehension: Grades 1-4 (Three-minute Reading Assessments) Five Minute Gratitude

Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1)

<u>Dmca</u>