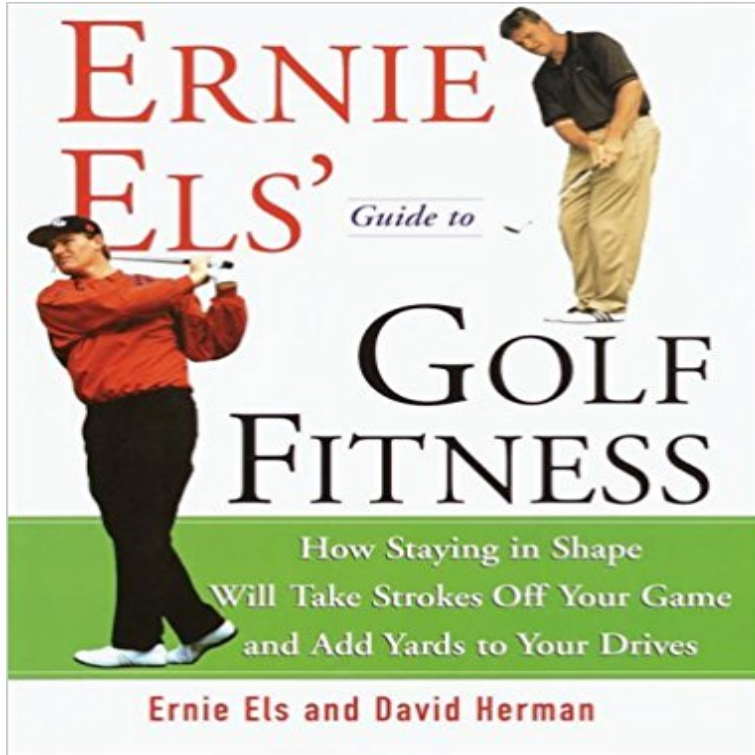


Ernie Els Guide to Golf Fitness: How Staying in Shape Will Take Strokes Off Your Game and Add Yards to Your Drives



It doesn't matter if you're Ernie Els or just a weekend player; everybody who plays golf wants to play better. But taking lessons and putting in hours of practice aren't the only ways to improve your game. You need to be in shape to play your best. In fact, the right fitness routine can mean more to your game than tinkering with new swing techniques or purchasing the most expensive equipment. And you don't have to be David Duval, Tiger Woods, or Ernie to benefit from being fit. Even a casual player can improve his or her game by working out the right way. Ernie Els Guide to Golf Fitness will help you design a program by focusing on four key fitness areas: Improving your cardiovascular fitness to help keep you strong--both mentally and physically--at the end of a long round or after many days of playing in a row Giving you the flexibility to improve your form and to increase club head speed, allowing you to hit the ball farther Building up your muscular strength, so that you'll add power and create more control and balance throughout your swing Doing specific exercises designed to strengthen areas most susceptible to common golfing injuries Ernie Els Guide to Golf Fitness gives golfers of all skill levels a chance to improve their games, even if they don't have the time to get out to hit balls. It's based on Ernie's own program, which was designed by his trainer, David Herman. It isn't about grueling workouts that leave you exhausted, and it's a lot more than just a famous golfer showing you how to do basic exercises. It teaches a philosophy of golf-specific training that will change the way you exercise and help you design a program that will enable you to hit the ball farther and play better overall. And best of all, this is a flexible program that, if necessary, you can do on your lunch hour. According to this program, there's no need to feel guilty if you can't get to the gym for a week here and there--as long as

you get back quickly. David and Ernie encourage you to train, not strain--severe soreness has no place in the golfers workout. If you want to help prevent injuries and improve your confidence and mental focus--on the course and in your life--David and Ernie's program is perfect for you.

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