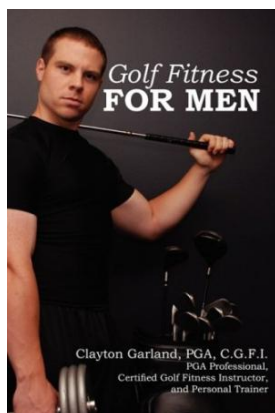


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GOLF FITNESS FOR MEN



Strategic Book Publishing Rights Agency, LLC, United States, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Golf Fitness FOR MEN is a book that approaches the game of golf and improvement from the aspect of improving health and fitness. The main components of the book include: strength, flexibility, mobility, stability, motivational factors, nutrition, and the cause and effect relationships between fitness and the golf swing. Concepts are discussed in...

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- Authored by Clayton Garland
- Released at 2008



Filesize: 2.49 MB

Reviews

This publication is definitely not straightforward to begin on looking at but quite fun to see. It really is loaded with wisdom and knowledge You will not really feel monotony at anytime of your own time (that's what catalogs are for relating to should you check with me).

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