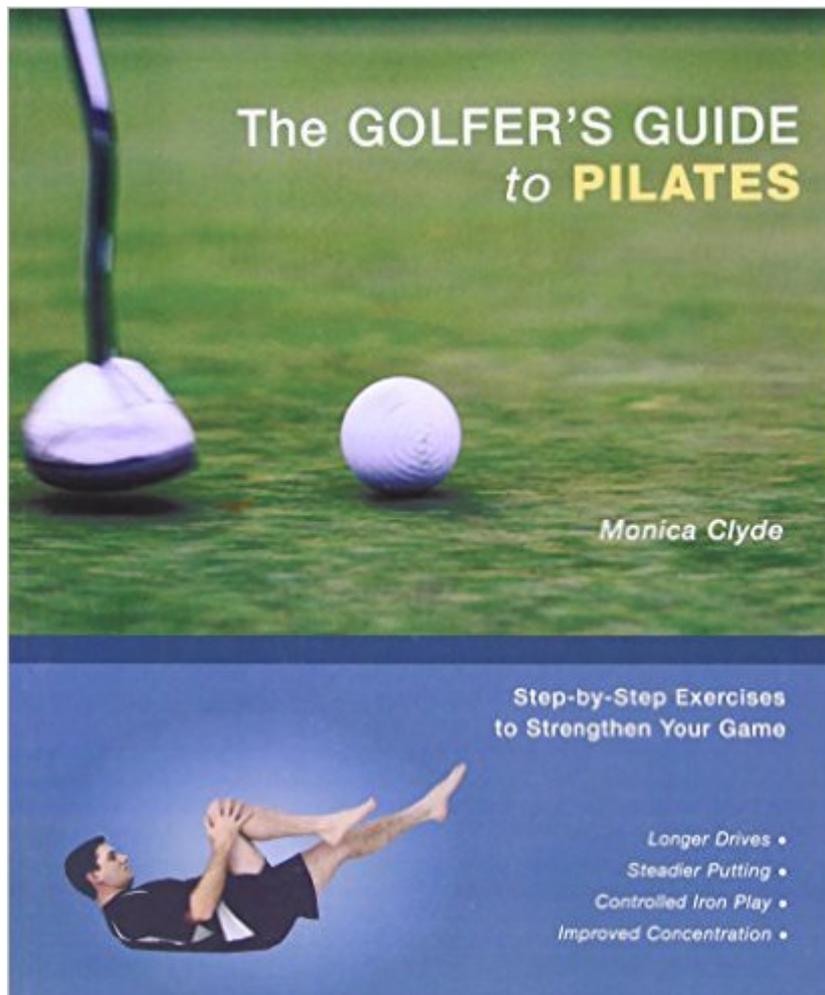


The book was found

# The Golfer's Guide To Pilates: Step-by-Step Exercises To Strengthen Your Game



## Synopsis

PILATES Beginner, Intermediate & Advanced Pilates Workouts to improve your game, plus targeted programs for: flexibility &#149; stance &#149; rotation &#149; core strength &#149; shoulder turn &#149; hip turn &#149; weight shift The Golfer's Guide to Pilates shows how to upgrade your most important golf equipment &#151; you. Packed with easy-to-learn Pilates exercises and illustrated with step-by-step photos, this program will raise your physical ability, transform your game into one of absolute control and power, and ultimately lower your score. The ideal fitness program for GOLFERS &#160; Longer drives &#160; Controlled iron play &#160; Steadier putting

## Book Information

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Average Customer Review: 4.1 out of 5 stars &#160; &#160; See all reviews &#160; (10 customer reviews)

Best Sellers Rank: #408,080 in Books (See Top 100 in Books) &#160; #67 in &#160; Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates &#160; #584 in &#160; Books > Sports & Outdoors > Golf &#160; #4112 in &#160; Books > Sports & Outdoors > Individual Sports

## Customer Reviews

I think this will be a great book, however it very difficult to use via Kindle. I am going to return the Kindle version and get the book version so I will be able to see the charts. This is not a good type of book for the Kindle. And - I love my Kindle, but the one downside of a Kindle is photos and charts.

This is an excellent book on using Pilates to play better golf. Golf uses the muscles of the trunk to generate power. It depends on balance and good posture for accuracy. The Pilates system specifically focuses on these factors so it is a natural for golf. The author explains the basic of correct breathing and correct posture. She then provides a series of systematic exercise routines designed for golf. Each exercise is explained, illustrated, and the golf benefits are listed. For me there has been a noticeable increase in power, due to more strength and better utilization of my core muscles. The illustrations of exercises could be a little more detailed.

I ordered this on my iPad, and as another reviewed mentioned, it doesn't present well electronically. I ordered in paperback immediately. Glad to see a golfer write this, it is a little early to tell, but i think it will serve me well.

After a severe back spasm, I was told to try Pilates by my golf instructor. He has been doing Pilates for years. I looked for a good instruction book and decided on this one. It covers every exercise in detail and ramps you up slowly so you gain strength and flexibility. Within 3 weeks my back was feeling wonderful. After a few months I could feel the difference in my golf swing. It's been 6 months now and my golf game has much improved and I last 18 holes without getting tired. I now know I'll never have another back spasm and my game will keep improving.

This book is great! I am a pilates instructor and the book really helps break down the golfer and what to work on with a golfer when it comes to pilates.

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