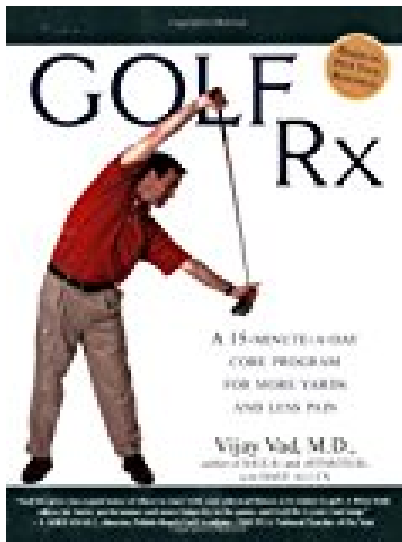


Golf Rx A 15-Minute-a-Day Core Program for More Yards and Less Pain



BOOK DETAILS

- Author : Vijay Vad M.D.
- Pages : 224 Pages
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BOOK SYNOPSIS

Citing the physical stresses of the game of golf, a guide to alleviating pain while improving ones game makes recommendations for warming up, stretching, and cooling down, in a reference that also shares targeted advice on the proper body mechanics of a stable golf swing and how to resume activity after common golf injuries.

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