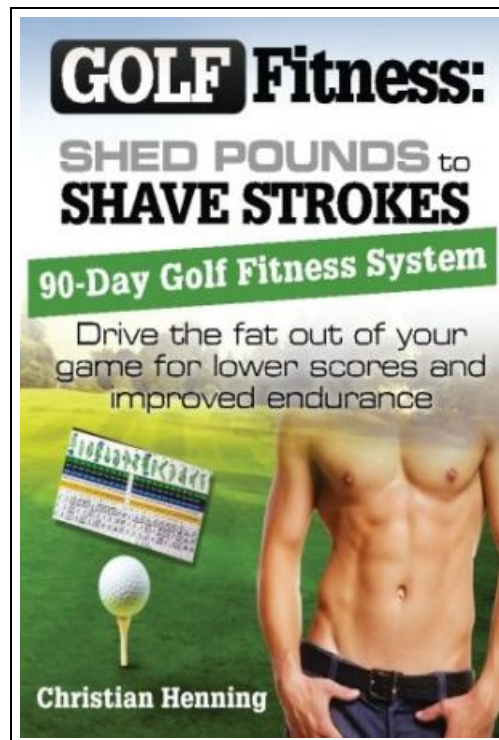


Golf Fitness: Shed Pounds to Shave Strokes: Drive the Fat Out of Your Game for Lower Scores



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Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throgh reading time. Your life span will be enhance when you complete looking at this publication.
(Laurence Littell)

GOLF FITNESS: SHED POUNDS TO SHAVE STROKES: DRIVE THE FAT OUT OF YOUR GAME FOR LOWER SCORES



Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 284 pages. Dimensions: 8.9in. x 5.9in. x 0.8in. Can you really lose fat and lower your score at the same time Yes. . . but let me warn you, this is NOT for lazy people or those who are looking for a magic bullet solution. Shed Pounds to Shave Strokes is NOT a quick fix. Its a SMART Fat Loss fix backed by scientific research to provide maximum results in the least amount of time. Oh, and did I mention that youll probably add distance to ALL your clubs at the same time Thats unheard of. But the reality is Ive had clients do it over and over again, and you will too. At the same time, I want to make sure Im being very clear: make no mistake, this program takes work, and if youre one of these people who cant dedicate 90 days to radically changing your golf game and body - a change that you will be able to enjoy for the rest of your life - then please, do NOT invest in this book. But for those of you who are serious, those who are ready to put forth the effort, the Shed Pounds to Shave Strokes program will absolutely give you every tool you need to immediately DOUBLE your rate of fat loss and experience the game improvement you deserve. Does Shed Pounds to Shave Strokes really work YES! I have designed a comprehensive 12-Week training program that combines balance, strength, endurance, power, flexibility and nutrition in a unique system that will provide immediate results. The workouts are structured around circuits of intense exercise that builds a foundation you will need to create a powerful golf swing. It is a total body workout that..



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