



Total Conditioning for Golfers

Neil Chasan

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Total Conditioning for Golfers is the DEFINITIVE work on golf specific fitness on the market today. Based on the award winning video (The Swing Reaction System, 1996), the book represents a significant update to the Further, there is much, much more offered to help the golfer prepare to play. The book is heavily illustrated with over 300 clear photographs illustrating:

- The biomechanics of the golf swing
- The Swing Reaction System exercises
- Pre game warm up routine
- Daily stretching routine And more. Total Conditioning for Golfers also offers a very practical approach to the mental side of the game, and a sensible approach to nutrition for golfers. Specific exercises for Natural Golf (r) are included, and a new fitness tool, The Golf Gizmo(tm) is introduced. Finally, there are pages of additional total body conditioning exercises in the appendix for those who wish to take their exercises beyond golf.

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