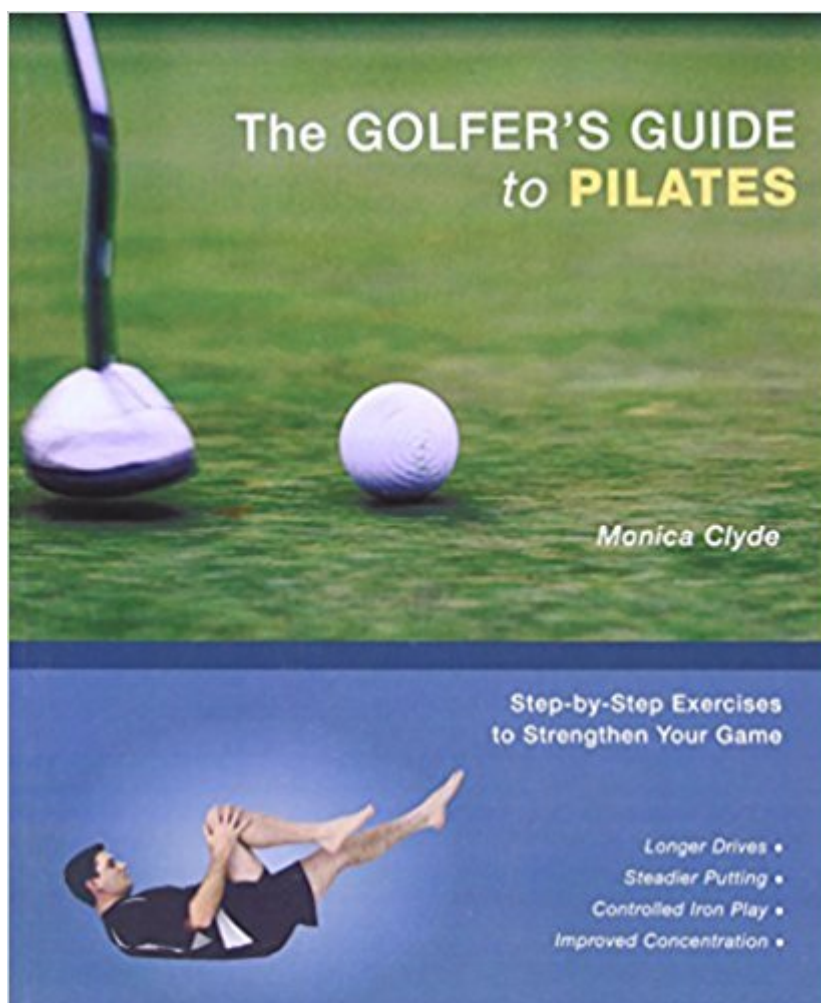


The book was found

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 • stance • rotation • core strength • shoulder turn • hip turn • weight shift The Golferâ€™s Guide to Pilates shows how to upgrade your most important golf equipment—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 GOLFERSâ€¢ Longer drivesâ€¢ Controlled iron playâ€¢ Steadier putting

Book Information

Paperback: 144 pages

Publisher: Ulysses Press (April 14, 2006)

Language: English

ISBN-10: 1569755388

ISBN-13: 978-1569755389

Product Dimensions: 7.5 x 0.3 x 9.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (10 customer reviews)

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

[Download to continue reading...](#)

The Golfer's Guide to Pilates: Step-by-Step Exercises to Strengthen Your Game Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Pilates For Golf - 5 Exercises In 5 Minutes To Improve Your Game Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs The Best Thigh Exercises You've Never Heard Of: Shape and Strengthen Your Thighs The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale The Golfer's Guide to a Bogey Proof Workout: 7 Essentials to a Great Golf Fitness Program The Golfer's Two-Minute Workout Nancy Lopez's the Complete Golfer The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your own domain name and connecting it with your webhosting

provider (Step By Step Booklets Book 1) Chakras for Beginners: How to Activate and Balance Your Chakras to Strengthen Your Character and Live a Better Life (Chakra Balancing & Healing For Beginners) Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) LIVING THE LAW OF ATTRACTION - 40 PRACTICAL EXERCISES: Daily Exercises To Attract Anything You Want Into Your Life 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-

[Dmca](#)