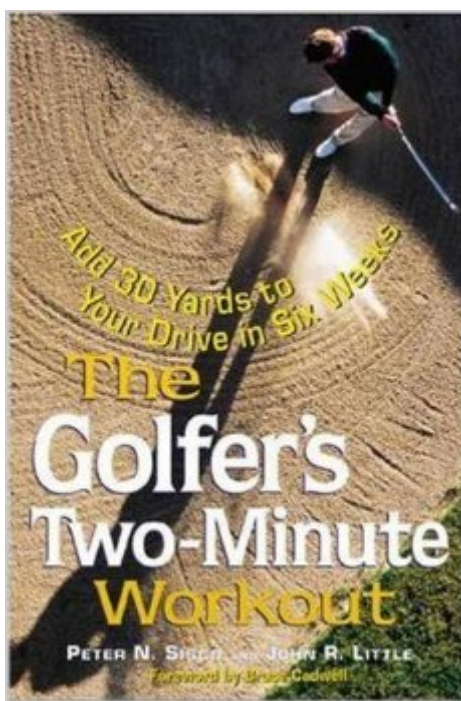


The book was found

The Golfer's Two-Minute Workout



Synopsis

Golf is a sport that has largely overlooked the critical role of strength training. It's a law of physics, however, that greater strength drives the ball a greater distance and that a stronger golfer is a better golfer. From a subtle wink of an eyelid to a thunderous 300-yard drive, muscles are responsible for our every motion and for generating all of our power. Now, using a totally new and amazingly successful training program, golfers can add up to 30 yards to their best drive after just six weeks--with a total workout time of only 24 minutes! Based on the extensive research of health-and-fitness authorities Peter N. Sisco and John R. Little, *The Golfer's Two-Minute Workout* is a super-productive and lifestyle-friendly fitness program. It takes basic, familiar exercises and illustrates how to perform them in a way that maximizes conditioning for success on the links. Certainly the quickest exercise regimen ever recommended--a mere two minutes of actual exercise time--this program is nothing short of revolutionary. Peter N. Sisco is the editor of the *Training with Precision* Newsletter and the author of many fitness books, including *Power Factor Training*. John R. Little, a fitness writer for more than 15 years, is the author of numerous fitness books, including *The Warrior Within* and *Power Factor Training*.

Book Information

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Customer Reviews

My first thought when encountering this book was that the claims were too outrageous. Thirty yards is a lot, especially after only 6 weeks. However, I think it's silly to spend thousands of dollars on clubs and green fees and not be willing to spend a few bucks for a book. I have worked out off and on for many years with weights. I stopped my routine and dutifully followed the book. I worked out

once a week, doing the exercises as outlined. After about 5 weeks, I didn't notice any appreciable increase in my strength or my driving distance. Yes, the amount of weight that I could lift using their static technique had increased quite a bit. However, the same thing happens when I lift weights normally. Anytime I start a new exercise, I am initially very bad at it and improve quickly to a plateau. On the book itself, I was really disappointed that the authors made their claims based on a study of 6 golfers. Just 6! That's hardly enough for any kind of reasonable statistics. Furthermore, they didn't use any kind of control group to verify that it wasn't simply a placebo effect. I would also have liked to see a control group to verify that the extra yardage wasn't caused by people simply trying harder because they were part of an experiment. I kept wondering if these people were practicing at the range more often because of this experiment. Also, the exercises are hard to perform without a partner. They seem to work better if you have someone to put the weight into position for you. Also, I found that some exercises were hard to do with the equipment I had at home. It seemed like I was expending a fair amount of effort using other muscles just to hold my position. Sometimes, I didn't feel that the target muscles got exercised as much as they were supposed to be.

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