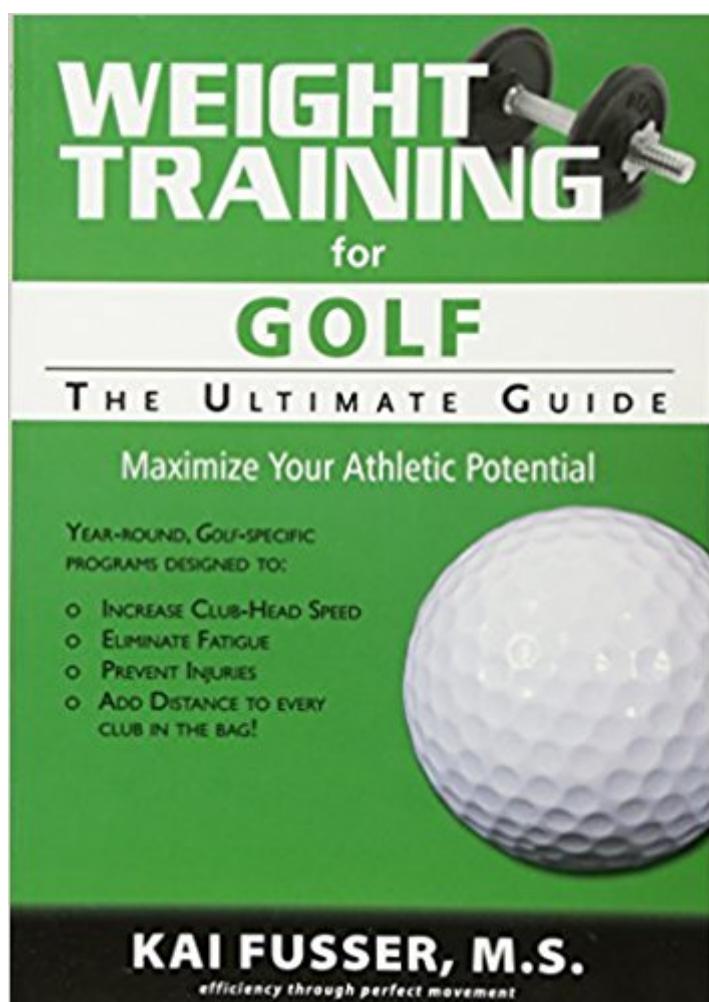


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# Weight Training For Golf: The Ultimate Guide



## Synopsis

Weight Training for Golf is the most comprehensive and up-to-date golf-specific training guide in the world today. It contains descriptions and photographs of the most effective weight training, flexibility, and abdominal exercises used by golfers worldwide, including the 2010 US Open champion, Graeme McDowell and World Golf Hall of Famer, Annika Sorenstam. This book features year-round golf-specific weight-training programs guaranteed to improve your performance and get you results. No other golf book to date has been so well designed, so easy to use, and so committed to weight training. This book enables golfers of all skill levels to add extra yardage to their drives and irons without having to buy the latest technology in golf. By following this program you can develop the flexibility and strength required to eliminate fatigue and increase distance with every club in your bag. With stronger and more flexible muscles, you will not only hit the ball farther but you will have better control over all of your shots throughout the round. Most importantly, you will reduce your chances of injury and be able to play 18 holes without any problems. "Through dedication to Kai's methods, I was able to reach the next level and become the number one player in the world for six consecutive years." -- Annika Sorenstam, World Golf Hall of Famer and 10 time major champion

## Book Information

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## Customer Reviews

Through dedication to Kai's methods, I was able to reach the next level and become the number one player in the world for six consecutive years. --Annika Sorenstam, World Golf Hall of Famer and 10 time major champion

Kai Fusser has been involved in professional sports since 1985, first as a competitive water skier, then as a coach and trainer in waterskiing and wake boarding. In 2001 he began training Annika Sorenstam, the LPGA's premier golfer. With Kai's help, Annika has gained more than 25 yards of driving distance while also improving her accuracy and going on to be voted Female Athlete of the Year 2 times in a row. In addition to Annika, Kai worked with 2010 US Open champion, Graeme McDowell and more than 15 other LPGA and PGA golfers as well as many junior and collegiate golfers. Accumulatively, his players have won 13 Major Championships and more than 110 professional tournaments. His water skiers and wake boarders have won more than 100 titles including multiple X-Games and Gravity-Games. Kai is frequently invited to teach his program at Universities and expert summits, and he has been featured in such media outlets as Golf Magazine, Golf World, Japanese Golf Digest, German Golf Journal, Golf Fitness Magazine, Waterski Magazine, ESPN, USA Today, 60 Minutes, Golf Channel, Radio America and more. He is currently the Director of Fitness at the prestigious Annika Academy in Orlando, FL.

Gave me everything I was looking for. I have weight trained for 30+ years and the type of training I was doing was restricting my golf swing. In less than a month I feel a difference in my core and my swing consistency. That's just doing the 3x a week in season routine. This winter I am looking forward to the off season program.

too much calculation, tracking etc. too vague uses percentage. will use some of the exercises.

Don't make the mistake I did. I already have his other book, weight training for women's golf. I bought this curious to see what his recommended differences are between the sexes, quite frankly, I'm pretty confident this is the same book. Buy one or the other and feel confident with using the program for either sex. They are really well thought out and concisely explained programs that have gotten good results for me and my clients.

Good book. Good instruction

Great workouts!! I highly recommend this book. Prior to reading I was a golfer who lifted weights but now I feel that I'm training specifically for golf.

A good source to specific golf training with weights.

I've been using workouts from this book for about a month now. I can really feel the difference! I'm more in tune with my core and mechanics. The workouts and illustrations are easy to follow. Fusser also covers other aspects of your life to help you achieve your goals. Kind of a "how to" of sorts. I'm looking forward to continued progress and success!

liked the workouts . did not like that I had to go searching for the exercises for each workout and they are hard to find in the book. Maybe if they had referenced the page numbers it would have helped.

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