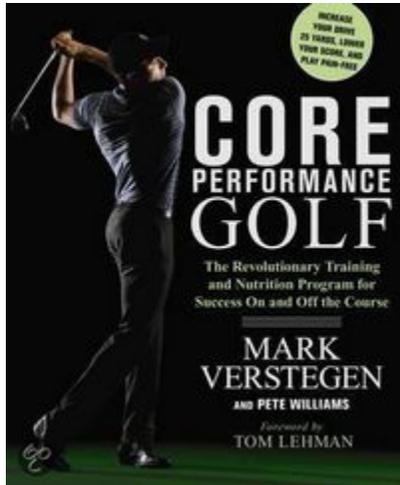


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Mark Verstegen tees up another winning fitness book based on his groundbreaking Core Performance training system: This time he helps golfers at all skill levels develop the power, flexibility, and stamina that will improve their games. In Core Performance Golf golfers will discover: a training program with an emphasis on the rotational movement that is integral to the golf swing; exercises designed to help create more torque and balance, thus adding as much as 25 yards to drives and enabling precision that will lower scores; and a conditioning and nutrition regimen that will build strength while protecting against injuries and speeding recovery time. Verstegen's Athletes' Performance Institutes have trained hundreds of elite athletes, including PGA and LPGA golfers such as Tom Lehman and Natalie Gulbis. With Core Performance Golf every golfer can take his game to the next level with the methods that have helped the pros develop their explosive power and strength.





