



Get Yourself in Golf Shape :Year-Round Drills to Build a Strong Flexible Swing

Cindy Reid, Steve Eubanks

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Get Yourself in Golf Shape

Transform your body-and improve your game! This unique regimen will get you into "golf shape" so you can hit the ball longer, straighter, and with more consistency-with Cindy Reid's 11-day fitness program.

The golf swing is a simple motion. But it is not easy, Cindy Reid explains, because it is one of the most unnatural motions you will ever attempt. Only when you have retrained your body to automatically perform the specific muscle movements required for golf will you begin to develop the consistency every golfer strives for.

Reid, a former LPGA player and one of the great teachers of the game (Vijay Singh is one of her clients), combines golf swing theory with fitness exercises in a book that will revolutionize golf instruction. Here Reid:

- o identifies the seven fundamental positions of the golf swing-and gives you drills to practice, on and off the course-to help you reach each position without conscious thought
- o teaches you exercises that reshape your body into the ideal form for golf
- o shares stretching routines and range drills to further elevate your game

There are 34 million golfers in America, and 90 percent of them can't break 100. Reid is convinced they can all improve their scores by getting into golf shape.

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