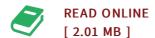




Build the Swing of a Lifetime: The Four-Step Approach to a More Efficient Swing

By Mike Bender

Wiley, United States, 2012. Paperback. Book Condition: New. 234 x 190 mm. Language: English . Brand New Book. From one of Golf Digest s Top 5 teachers a simple, scientific program to build a great swingMost golf instruction is based on helping students emulate the best players, but for top golf teacher Mike Bender, physics provides a better model for developing a swing that is as efficient, consistent, and timeless as that of Iron Byron, the PGA robot that tests clubs and balls. Now Mike Bender shows you how to put the secrets of science into your own swing with a simple, proven program that will take your play to a different level and transform your approach to the game. Explains Mike Bender s unique biomechanical approach to building a simple, repeatable, and effective swingShares the same approach Bender teaches his students, who include twotime U.S. Open winner Lee Janzen, PGA Tour winner Jonathan Byrd, and 2006 LPGA Tour Rookie of the Year Seon Hwa LeeShows you how to build your scientific swing step by stepIncludes 150 photographs to help you put principles into practice on the golf courselncludes a Foreword by Zach Johnson, 2007 Masters champion and one of Mike...



Reviews

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