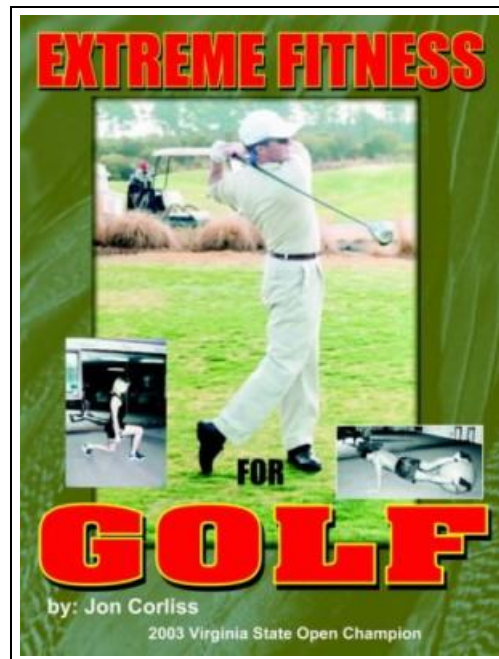


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AUTHORHOUSE, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In *Extreme Fitness for Golf*, PGA Professional and American College of Sports Medicine Health Fitness Instructor Jon Corliss shows and explains in detail how to exercise for golf. Corliss follows accepted exercise principals which make *Extreme Fitness for Golf* adaptable to all fitness levels. Following his tenet to live the message, Corliss combines the best strength building exercises and the best golf specific exercises into his own workout program that carried him to the winner's circle of the 2003 Virginia State Open Championship. *Extreme Fitness for Golf* gives specific routines to help you play the best golf of your career. Corliss found an ally in Joni DeSmet, Master of Exercise Science from Old Dominion University, and owner of Pungo Personal Training to handle the photography and confirm the validity of the exercises principles.



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