



# **Strength Training for Golfers: A Proven Regimen to Improve Your Strength, Flexibility, Endurance, and Distance Off the Tee**

*John Little*

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For years, the importance of strength training for golfers was maligned or dismissed. But now that more and more golfers have turned to strength training to augment their game with outstanding results, we now know that proper strength training is an absolutely critical factor in improving not only the golfer's overall fitness level, but in dramatically improving his or her game as well. In *Strength Training for Golfers*, John Little offers a workout and training schedule specific to the unique fitness needs of the golfer. The result of a successful ten-year study, the Max Contraction™ exercises included in this book specifically target the muscles used in the golf swing to help increase strength, flexibility, and muscle endurance, and add, on average, up to twenty additional yards of distance off the tee.

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