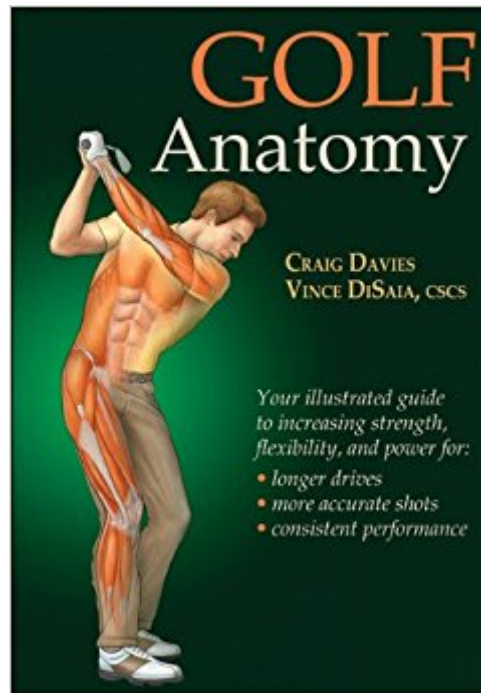




The book was found

# Golf Anatomy



## Synopsis

See your golf game as you never have before. See what it takes to improve consistency and performance on the links. Golf Anatomy will show you how to lower your score by increasing strength, power, and range of motion for longer drives and more accurate shots. Golf Anatomy includes 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Golf Anatomy goes beyond exercises by placing you at the tee, on the fairways, and on the greens. You'll see how to improve mobility, stability, body awareness, and muscle strength to add distance to drives, consistency to your short game, and accuracy to your putts. From sand traps to awkward lies, Golf Anatomy will prepare you for even the most challenging of shots. Plus, you'll learn how to stay at the top of your game with targeted injury-prevention exercises for the lower back, elbows, wrists, shoulders, and hips. Combining expert instruction with beautiful, full-color illustrations, Golf Anatomy is truly an inside look into the game. Whether you're a scratch golfer or simply a fan of the game, this book is a hole-in-one.

## Book Information

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## Customer Reviews

"If you want to improve your game and the way you feel on and off the course, this is the book for you!" Sean O'Hair -- 2005 PGA Rookie of the Year, Member of the 2009 Presidents Cup Team "Craig Davies and Vince DiSaia have a great understanding of functional anatomy and how it relates to an athlete's movement. In Golf Anatomy they assist golfers in moving efficiently for injury prevention and more consistent shot making." Neale Smith, MS --

Performance Consultant for PGA Tour Professionals, Former PGA Tour member, Canadian Tour Winner

Dr. Craig Davies is the director of nutrition and fitness for the Core Golf Academy at Orange County National in Orlando, Florida. He consults with the Canadian Junior National Golf Program, Netherlands National Golf Federation, Turkish National Golf Federation, and Trinidad and Tobago National Golf Association. He has worked with more than 50 professional golfers from the PGA, Nationwide, European, Canadian, LPGA, and Futures Tours. Dr. Davies developed the golf exercise specialist and golf performance therapist certifications through Golf Performance Therapy, a company he cofounded, which is dedicated to providing complete physical analysis, cutting-edge performance therapy, fitness program design, and nutrition consulting for golfers. He was the keynote speaker at the inaugural Canadian National Golf Performance Summit in 2007 and is a Nike golf fitness mentor. Dr. Davies was born in Niagara Falls, Ontario, Canada, and now resides in Orlando, Florida. Dr. Vince DiSaia is a strength and conditioning specialist and chiropractor specializing in fitness and therapy for elite golf performance. He received his level 2 certification as a medical golf fitness professional through the Titleist Performance Institute. Dr. DiSaia is cofounder of Triple Dynamix, Inc., a company that provides instructional DVD exercise programs for rehabilitating or strengthening the most commonly injured areas of the body. He has worked with amateur as well as touring professionals, including those on the Futures, LPGA, Asian, Japan, and PGA tours. Dr. DiSaia has also been K-Vest certified, which allows him to capture and analyze 3-D imaging of the golf swing. He helps players achieve complete golf fitness through performance therapy, biomechanical analysis, physical fitness, and nutritional optimization. He currently practices in Southern California, where he lives with his wife and two sons.

Good book. Good instruction.

Great book.

Disappointing - just a rehash of general anatomy. Not really golf-specific as it claims. Not really helpful.

I bought this book thinking it would be a good guide to target exercises for specific results in golf, but it is not that useful. I read through it. It gives a lot of general information, but there are better

resources available for improving your golf game or targeting muscle groups for specific improvement.

This book is absolutely the best book on golf body conditioning out there. All body parts used in the golf swing is clearly pictured and explained. However, I must caution you, this is not a book to just read to make you into a top pro. You gotta do the exercises if you want gain...

clear tie between exercise and golf swing. appreciated some left hand diagrams. a must for senior players...

There are a lot of good exercises in here that I like to refer to. Some of them are not the best though. Really easy to use, and great for someone who doesn't know what muscle to work on or how to work on it.

Excellent drawings for those interested in the muscles and joints involved in the golf swing. Also helpful in injury prevention where exercising the correct musculature is important.

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