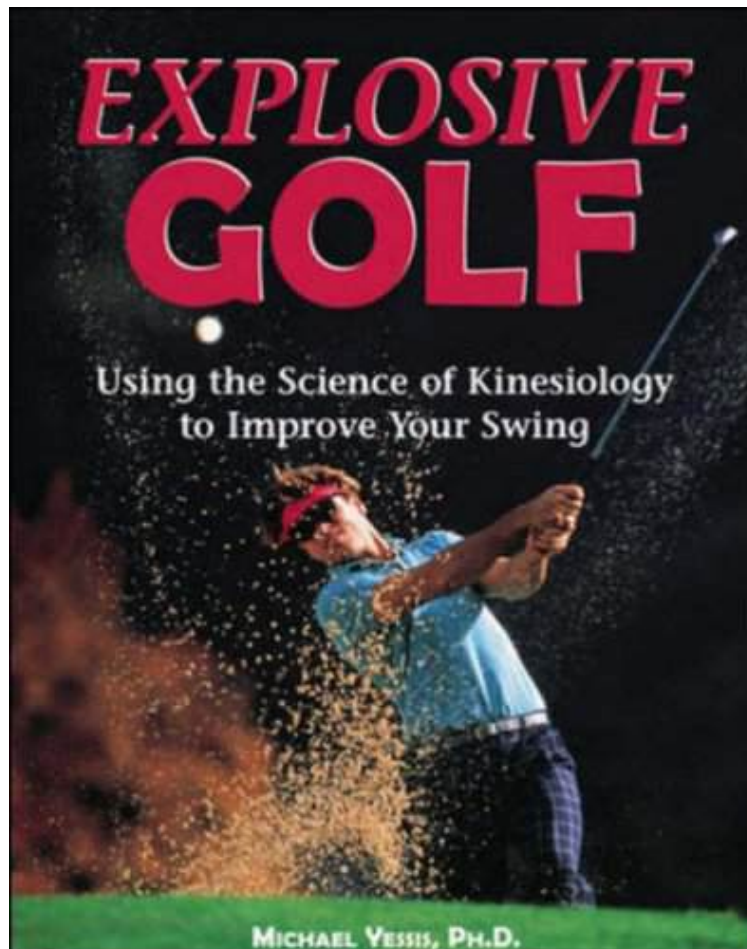


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Explosive Golf

By Michael Yessis

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4 of 4 review helpful Golf Specific and Well Written By Alex Ray Dr Yessis obviously knows his stuff and lays out a program of truly golf specific exercises By working out the main golf muscles in movements and joint angles that replicate the golf swing here is a program with great potential and value to any golfer looking to improve Other books out there claim to be golf specific but all too often they just promote ge Dr Yessis has given the reader clear and

readable instructions to develop strength timing and predetermined results As a professional golfer for over 35 years and an educator I highly recommend his message Kenny Baird Ph D PGA Chancellor and Chairman of the Board University of America Finally a book to help my students improve their strength and flexibility for golf Great job Kent Brown Executive Director Professional Golfers Career College Memb

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