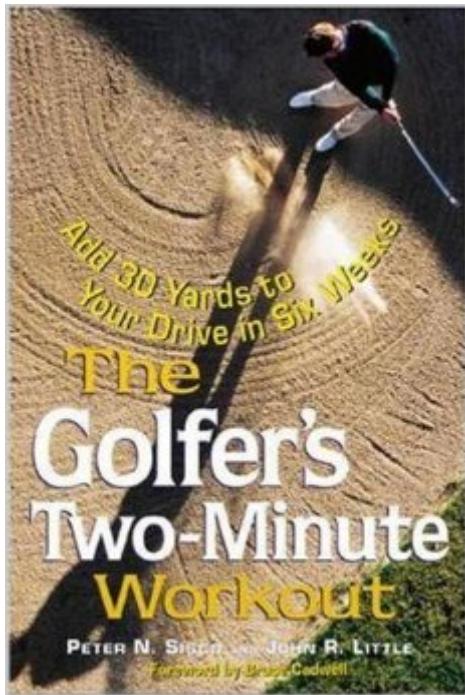


The book was found

The Golfer's Two-Minute Workout



Synopsis

Golf is a sport that has largely overlooked the critical role of strength training. It's a law of physics, however, that greater strength drives the ball a greater distance and that a stronger golfer is a better golfer. From a subtle wink of an eyelid to a thunderous 300-yard drive, muscles are responsible for our every motion and for generating all of our power. Now, using a totally new and amazingly successful training program, golfers can add up to 30 yards to their best drive after just six weeks--with a total workout time of only 24 minutes! Based on the extensive research of health-and-fitness authorities Peter N. Sisco and John R. Little, *The Golfer's Two-Minute Workout* is a super-productive and lifestyle-friendly fitness program. It takes basic, familiar exercises and illustrates how to perform them in a way that maximizes conditioning for success on the links. Certainly the quickest exercise regimen ever recommended--a mere two minutes of actual exercise time--this program is nothing short of revolutionary. Peter N. Sisco is the editor of the *Training with Precision* Newsletter and the author of many fitness books, including *Power Factor Training*. John R. Little, a fitness writer for more than 15 years, is the author of numerous fitness books, including *The Warrior Within* and *Power Factor Training*.

Book Information

Paperback: 176 pages

Publisher: McGraw-Hill; 1 edition (June 11, 1998)

Language: English

ISBN-10: 0809229390

ISBN-13: 978-0809229390

Product Dimensions: 6 x 0.4 x 8.9 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 3.0 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #1,839,909 in Books (See Top 100 in Books) #171 in [Books > Sports & Outdoors > Coaching > Golf](#) #526 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #2557 in [Books > Sports & Outdoors > Golf](#)

Customer Reviews

My first thought when encountering this book was that the claims were too outrageous. Thirty yards is a lot, especially after only 6 weeks. However, I think it's silly to spend thousands of dollars on clubs and green fees and not be willing to spend a few bucks for a book. I have worked out off and on for many years with weights. I stopped my routine and dutifully followed the book. I worked out

once a week, doing the exercises as outlined. After about 5 weeks, I didn't notice any appreciable increase in my strength or my driving distance. Yes, the amount of weight that I could lift using their static technique had increased quite a bit. However, the same thing happens when I lift weights normally. Anytime I start a new exercise, I am initially very bad at it and improve quickly to a plateau. On the book itself. I was really disappointed that the authors made their claims based on a study of 6 golfers. Just 6! That's hardly enough for any kind of reasonable statistics. Furthermore, they didn't use any kind of control group to verify that it wasn't simply a placebo effect. I would also have liked to seen a control group to verify that the extra yardage wasn't caused by people simply trying harder because they were part of an experiment. I kept wondering if these people were practicing at the range more often because of this experiment. Also, the exercises are hard to perform without a partner. They seem to work better if you have someone to put the weight into position for you. Also, I found that some exercises were hard to do with the equipment I had at home. It seemed like I was expending a fair amount of effort using other muscles just to hold my position. Sometimes, I didn't feel that the target muscles got exercised as much as they were supposed to be.

[Download to continue reading...](#)

The Golfer's Two-Minute Workout The Golfer's Guide to a Bogey Proof Workout: 7 Essentials to a Great Golf Fitness Program Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) The Golfer's Guide to Pilates: Step-by-Step Exercises to Strengthen Your Game Nancy Lopez's the Complete Golfer The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection Sixty-Minute Seder: Preserving the Essence of the Passover Haggadah (Sixty-Minute Collection) The 15 Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye Coordination, and Tracking Ability (The 15 Minute Fix Book 14) 1 Minute Core: Strengthen Your Core In Only 1 Minute? The 5-Minute Clinical Consult 2017 (The 5-Minute Consult Series) The 5-Minute Pediatric Consult Premium – Online and Print (The 5-Minute Consult Series) The 5-Minute Clinical Consult Standard 2015: 30-Day Enhanced Online Access + Print (The 5-Minute Consult Series) The 5-Minute Obstetrics and Gynecology Consult (The 5-Minute Consult Series) The 5-Minute Pain Management Consult (The 5-Minute Consult Series) Wills Eye Institute 5-Minute Ophthalmology Consult (The 5-Minute Consult Series) The 5-Minute Emergency Medicine

Consult (The 5-Minute Consult Series) 3-Minute Reading Assessments: Word Recognition, Fluency, and Comprehension: Grades 1-4 (Three-minute Reading Assessments) Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1)

[Dmca](#)