



Golf Fitness: 30 Yards or More in 30 Days or Less

By Christian Henning

Createspace, United States, 2014. Paperback. Book Condition: New. 234 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Can I really add 30 yards to my golf game? Yes. but let me warn you, if you are lazy and are simply looking for a magic bullet solution, this is not the program for you. The simple fact of the matter is this: the 30 Yards or More in 30 Days or Less program is NOT a quick fix. It's a SMART fix to a very complex problem that consequently yields incredibly fast results. Oh, and did I mention that you'll probably even burn loads of fat off while you add distance to ALL your clubs at the same time? That's unheard of. But the reality is I've had clients do it over and over again, and you will too. At the same time, I want to make sure I'm being very clear: make no mistake, this program takes work, and if you're one of these people who can't dedicate 30 days to radically changing your golf game and body - a change that you will be able to enjoy...

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