



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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