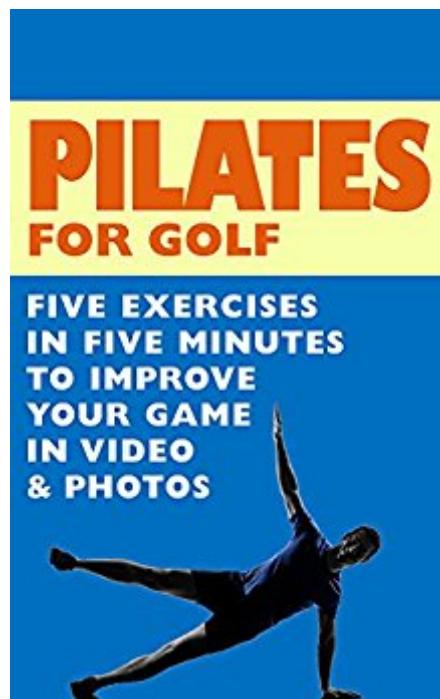


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# Pilates For Golf – 5 Exercises In 5 Minutes To Improve Your Game



## **Synopsis**

Rory McIlroy's *â œlong drive secretâ •* is yours in just 5 minutes! It's Pilates and here are the best core exercises in HD video. These video, photos and text lessons are quick and easy to learn. 5 exercises that take only 5 minutes for a better golf game. Tiger Woods and Phil Mickelson do it, and nearly every elite athlete in every sport does Pilates, too, because nothing surpasses it for building core strength and flexibility! Discover how 5 quick and easy exercises can elevate your golf game *â “* the same exercises used by Tiger, Phil, Rory and most every other golf professional. In this ebook you'll learn:-5 exercises proven effective by golf professionals-longer and more accurate drives right away-quick and easy to learn-carefully crafted instruction by one of today's leading Pilates trainers-safe for any age and fitness level -the most effective exercises for core strength and flexibility-a new instructional method that for the first time makes Pilates quick & easy to learn-access anytime to the instructor for support *â “* your own online personal trainer-more energy, less stress and better sleep & digestion-better posture-relief from most joint and back pain -one of the most popular exercise methods worldwide-high quality HD video lessons along with photos and text -easy-to-follow step-by-step instructionNo equipment required. Use these 5 exercises anytime and anywhere in only 5 minutes to dramatically improve your game.

## **Book Information**

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