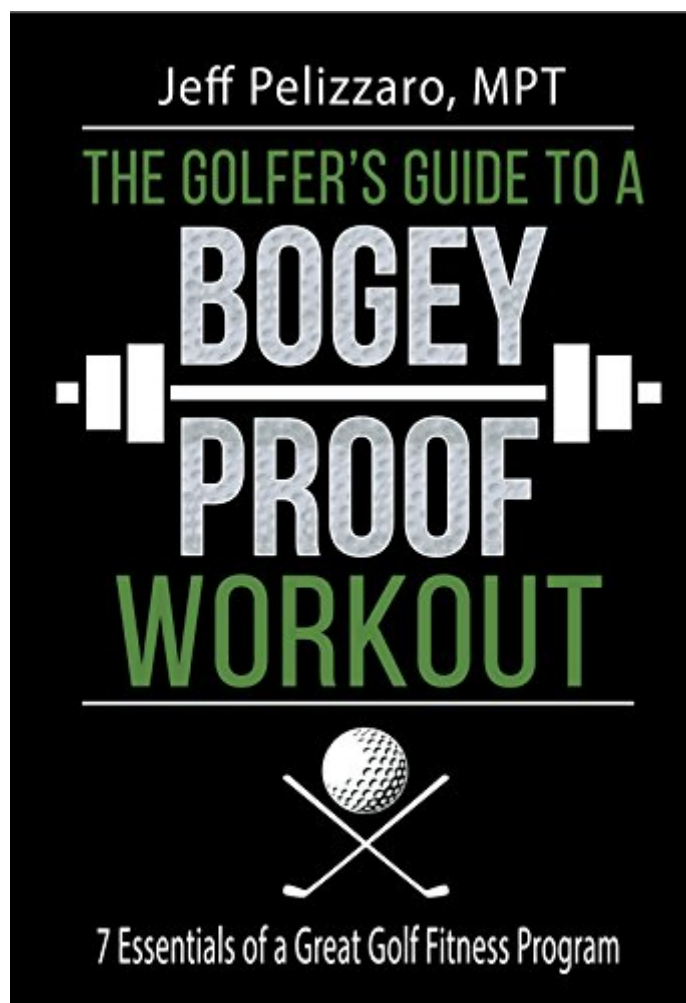


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# The Golfer's Guide To A Bogey Proof Workout: 7 Essentials To A Great Golf Fitness Program



## Synopsis

What if there were a list of SIMPLE principles that you could apply to your workouts that would completely revolutionize your golf game and your body? Let me ask you this. . . Do you know you need to be more flexible, but aren't sure which exercises and stretches will get you there? Are you struggling to get more distance off the tee? Do you have a stiff lower back or nagging injury that's sabotaging your golf game? Does your consistency and energy level fluctuate from the 1st tee to the 18th green? Is the overwhelming amount of golf and fitness information paralyzing you because you have no idea where to start? Do you need help getting motivated, staying committed and holding yourself accountable to a program? Do you need a simple, realistic guide for eating better both on and off the course? If you answered YES to any of the above questions, then you are in the right place. I've worked with many clients who just needed a roadmap and were able to reach and exceed their goals. Those success stories are the reason this book was written. Inside "The Golfer's Guide to a Bogey Proof Workout", you will learn....

- The 7 essential components that every golf fitness program MUST have to be successful
- How to create a rock solid golf fitness plan that is easy to follow and gets results
- How to properly choose exercises that maximize your effort, don't waste your time and help you prevent future injuries
- Nutritional strategies that will make you leaner, more mentally sharp and feel great for the rest of your life both on and off the course
- How LESS cardio will actually make you a leaner, stronger, more powerful golfer
- The number one Game Changer when it comes to achieving your golf and fitness goals and lots more. . .

Jeff Pelizzaro is a licensed physical therapist, a golf fitness professional, and co-founder of 18STRONG (18STRONG.com). Combined with his years of experience working with golfers in the clinic and gym, Jeff has also had the opportunity to interview and collaborate with some of the best coaches and players in the world as the host of the 18STRONG Podcast. The Golfer's Guide to a Bogey Proof Workout has taken all of this information and consolidated it to fit in the palm of your hands. Are you ready to Bogey Proof your game?

## Book Information

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## Customer Reviews

Jeff Pelizzaro delivers big time with this outstanding brain dump of all things golf fitness. The Golfer's Guide to a Bogey-Proof Workout hits all the right notes, discussing everything from workouts and nutrition to accountability, all in enough detail to truly implement new practices into your life. Every chapter closes with action tips and plans. This book is a game-changer and a life-changer, capturing the very essence Jeff Pelizzaro advocates for with 18STRONG- Train hard. Practice smart. Play better golf. Who doesn't want that? I back this book with all my heart as a TPI certified former Division I golfer. Buy a copy for yourself, and pick some up for your golf buddies as a perfect gift as well. You won't be disappointed.

This is not a bad book if you are new to weight training or an older golfer afraid free weights will ruin your swing. It is a good overview of concepts like tempo for lifting, nutrition, and interval training. If you are more advanced in the gym I am not sure it is worth your time. The mailing list with the videos on stretching before hitting the course were more golf specific and relevant.

The information presented in this book will help jump start you to make the most out of your fitness efforts. It is well written, quick and easy reading and if followed will give you the information to understand what a fitness program (life style) should consist of. There are enough supporting references to help you understand and create your own fitness program. Well done and long overdue fitness guide.

As a TPI Certified Golf Coach/Instructor and Stack and Tilt Network Instructor I HIGHLY

recommend all coaches and players to purchase this book. Jeff from 18strong.com does an amazing job of simplifying every aspect of putting together a fitness program that will improve your game. The book covers everything from nutrition to how to properly construct your own workout program. Great work Jeff on your book and getting high quality info out to the masses!

I am a 10 handicap golfer in my late 50's, and now more than ever I need to improve my strength and flexibility in order to play better golf, and get back to the clubhouse pain free. I have not been able to find much material on how to tailor my gym and aerobic workouts to help with my golf until I read Bogey Proof Workout. The book is relatively brief and to the point - what exercises to incorporate in your workouts to improve your golf. The book includes links to videos that will show you the specific exercise being performed, and that was very helpful for me. All in all, a good resource for golfers who want to improve their golf fitness.

Thank you Jeff for an outstanding "guide", as you describe it . A must , up to date resource that is written with honesty , integrity and an "ego left out of it " style . Coaches , trainers and golfers , you will really enjoy this book . It's like a perfect round of golf . Amazing and unforgettable !AK AllenTPI level 3,YFG level 2

I thought this book would give me some insight as to what would be some golf specific exercises. Instead it is a very, and I mean very basic book on nutrition and general exercise. I am not sure where the golf comes in here other than the author wants you to visit his website. If you are looking for something on basic nutrition and exercise then go for it, it has nothing to do with golf.

I have followed Jeff Pelizzaro on his website 18strong.com for quite some time and have enjoyed his podcasts and insights on fitness and golf. As a person who doesn't particularly enjoy working out, Jeff's tips result in a more exciting workout while maximizing flexibility and strengthening my core. This book brings all of Jeff's expertise and puts it in one place in an easy to read guide on fitness.

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