



Golf Fitness: Shed Pounds to Shave Strokes: Drive the Fat Out of Your Game for Lower Scores

By Christian Henning

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 284 pages. Dimensions: 8.9in. x 5.9in. x 0.8in. Can you really lose fat and lower your score at the same time Yes... but let me warn you, this is NOT for lazy people or those who are looking for a magic bullet solution. Shed Pounds to Shave Strokes is NOT a quick fix. Its a SMART Fat Loss fix backed by scientific research to provide maximum results in the least amount of time. Oh, and did I mention that youll probably add distance to ALL your clubs at the same time Thats unheard of. But the reality is Ive had clients do it over and over again, and you will too. At the same time, I want to make sure Im being very clear: make no mistake, this program takes work, and if youre one of these people who cant dedicate 90 days to radically changing your golf game and body - a change that you will be able to enjoy for the rest of your life - then please, do NOT invest in this book. But for those of you who are serious, those who are...

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