



# **Fix Your Body, Fix Your Swing: The Revolutionary Biomechanics Workout Program Used by Tour Pros**

*Joey Diovisalvi, Steve Steinberg*

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**It's time you had a smooth, fluid swing like PGA Tour pros**

Golf tips and swing advice can only take you so far. In order to truly correct a flawed swing, the causes of the problems must be treated, not the symptoms. A bad swing doesn't always mean that you're doing things wrong---it's just that your body isn't letting you do things right. By understanding and changing your body you'll be able to correct your mechanics naturally so you can take your game to the next level.

With the exact workouts used by some of the Tour's best golfers, as well as input and advice straight from the players themselves, this revolutionary golf-fitness book incorporates the latest in biomechanics research to fix swing flaws while strengthening the body's core and improving strength and balance to help golfers of all levels swing more like the pros.

Beginning with assessments that determine where a golfer's body is too tight, not strong enough or out of balance, *Fix Your Body, Fix Your Swing* then provides specific, easy-to-follow exercises that correct whatever problems or limitations were revealed in the assessments. Just three twenty-minute workout sessions a week (only one hour a week!) will help anyone become a better golfer with a healthier, stronger body.

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