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Golf Swing Trainer - What Is It?

432

Golf swing trainer is a term you might think of for a training aid that works on your golf swing. I've come up with a new definition for a golf swing trainer. It happens to be what I do for a living.

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I won't take up this whole article talking about myself, but I do want you to think of a golf swing trainer in a different light after reading this.

You see...I've watched and read about the millions of golfers who are in search of the "silver bullet? The "magic pill?that will give them the perfect swing and the game they dream of. Well...it's not out there! I hate to ruin the party, but there is no such thing.

There is hope!

I have spent the better part of 10 years studying the golf swing. And over 25 years in the field of fitness and exercise physiology. I have combined my two passions into the label of golf swing trainer.

It came to me one day when I was working with one of my personal golf clients. We were talking about his swing faults and I was prescribing golf stretches and exercises to eliminate the swing fault.

After just 4 sessions...his swing fault was gone! Completely! He was thrilled to say the least. He told me he had taken private golf lessons with 4 different golf teaching pros and couldn't correct his golf swing fault.

When he explained it to me...it was obvious. It was a physical limitation that was not allowing his body to perform the prescribed technique all these teaching pros had told him he needed to do.

I was as thrilled as he was and now here I am. A golf swing trainer implementing golf exercises and stretches to eliminate golf swing faults. It's the most effective way to permanently eliminate swing faults with minimal or now change in technique. The swing just falls into place when the body can perform at optimal strength and flexibility levels.

You heard it here first. Now I am quite confident you will hear more professionals in my field of expertise use it.

A golf swing trainer should have superior knowledge of the golf swing from a mechanical standpoint and physical standpoint. If one or the other is missing, then this individual isn't a qualified professional that should be working on your golf swing.

So next time you hear this phrase...think of improving your body...not taking more lessons, buying the latest, greatest gimmicky training aid, or hitting more balls.

Golf Swing Trainer!

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