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Have A Golf Fitness Expert In Your Home

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The term golf fitness expert has grown in popularity for the last few years thanks to Tiger Woods, Annika Sorenstam, Vijay Singh and many other tour players. They all have a golf fitness expert who actually travels with them to every tournament to keep them in top shape throughout their season. Most of you don't have the luxury to have a golf fitness expert one time, let alone 3 to 5 times a week, every week. This would cost in the thousands of dollars every month.

golf,golf swing,golf trainer,golf workouts,golf exercises,golf fitness,golf lessons,golf instruction,golf tips

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The average, 'qualified' golf fitness expert will charge anywhere from a low of \$40 per session to a high of over \$250. The more experienced the golf fitness expert, the more they will charge.

So what are your options if the above scenario is a little too out of your economic reality?

The next best thing is to get some golf fitness videos (dvds) that take you through the entire golf fitness session from start to finish...including stretches, warm ups, cool downs and advice.

This is the next best thing to having a golf fitness expert in person. I have been fortunate enough to receive hundreds of emails and letters from golfers who have greatly benefited from this format of training.

There are not too many fitness and/or golf fitness videos (dvds) on the market that take you through an actual workout. Most of them show you the exercise and discuss the do's and don'ts.

What you really need is a golf fitness video (dvd) that takes you step-by-step through the workout so you have an idea of proper technique, pace of the session and a huge sense of satisfaction when it is done.

Then to have the wherewithal to put that golf fitness video (dvd) back in the player in 48 hours and do it again. And again. And again. This will give you the best, most quickest results.

You really want to make sure it is a 'complete workout'? Not just exercises and then you have to figure out how to put them together in a workout format. I can't tell you how many times I've purchased workout videos only to have to figure them out on my own.

What a big waste of time and frustration!

You want "plug-and-play!?"

So there is hope to finally have a golf fitness expert in your home on a weekly basis. One that will motivate you and inspire you to continue and strive to be the best you can be.

Go out and get your very own golf fitness expert!

You can also find this article published on [Have A Golf Fitness Expert In Your Home](#)