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Golf Practice Isn't Important If?

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Now come on...be honest! Every amateur golfer has experienced this more times than we can count.

Why is this?

Because our body can't perform a mechanically sound swing when it is physically weak and tight. Picture the last time you hit a bucket of balls. Out of the whole bucket, how many swings really felt good, and the ball did what you wanted it to do?

I'll bet you can count them on less than one hand. Or maybe I'm being harsh, and you can count them on less than 2 hands.

Either way, this is a common occurrence during a golf practice session.

Don't get me wrong...golf practice is critical in improving your golf swing and overall game...but you first need to work on the "machine" to be able to make the most out of your time during your golf practice.

Let's look at the positive side!

You take my advice and start improving your golf specific strength and flexibility. It doesn't take 2 hours a day in a gym to accomplish this. All of my programs, dvds and books incorporate affordable equipment that can be done in your home or even office.

The result?

The next time you plan a golf practice...it goes fantastic! You're hitting more balls the way you want to. You're enjoying your golf practice not getting frustrated. You even buy a new range card because you're on a new high from such an awesome golf practice session.

That's called Total Golf Performance!

You'll soon be dominating your foursome and they'll all want to know your "secret"?

Take this approach to your golf improvement and get a maximum return from your golf practice.

You can also find this article published on [Golf Practice Isn't Important If?](#)