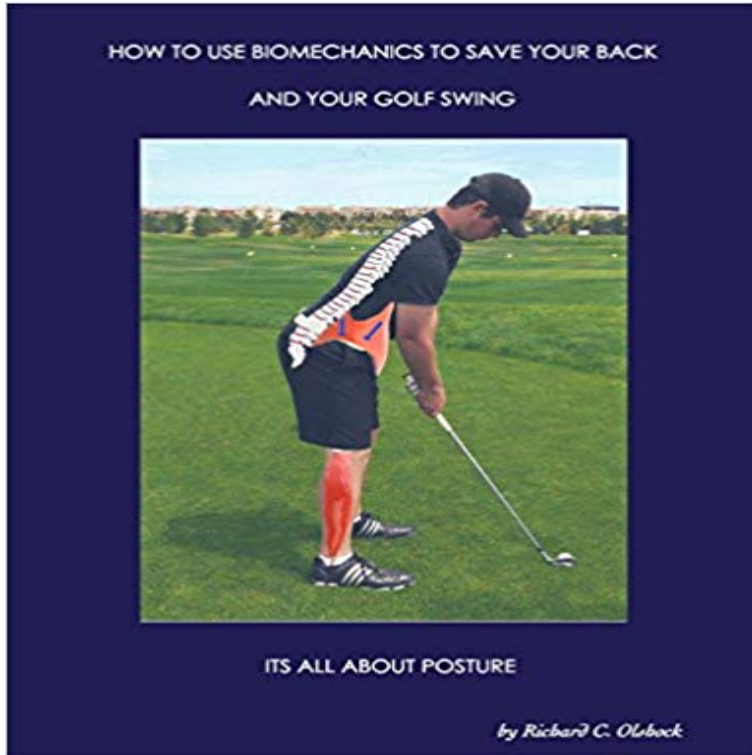


How to Use Biomechanics to Save Your Back and Your Golf Swing: ItS All About Posture!



In How to Use Biomechanics to Save Your Back and Your Golf Swing Dr. Richard Olshock deconstructs the muscles used during the golf swing and shows how to use the correct muscles. Included in the book are videos that show the reader the exact drills they can use to get rid of their golf related back pain as well as greatly improve their ball striking.

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