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Golf: Golf Swing Guide for Dummies: Learn Perfect Golf Swing Instruction to Play Like a Pro in Less that 30 Days (Golf Basics, Golf Fundamentals, Golf ... a pro, Golf tips, Game, Golf Execution,)

Roger Anderson

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Learn tips and tricks for the perfect Golf Swing

Today only, get this Amazon book for just $0.99 for a limited time. Regularly priced at $5.99. Read on your PC, Mac, smart phone, tablet or Kindle device.
A game of golf is all about the movement of the arms. The energizing sequence in the downswing action starts from the ground-up with a pelvic shift-rotational movement, unlike the upswing. A golfer actively rotates his pelvis at the start of the downswing, using ground resistance forces to torque (twist force) his pelvis in a shift-rotational manner. Shortly after that, the upper torso (shoulders) starts rotating around a rightwards tilted spine. It is an important aspect of golf since a game of golf makes use of the hands.

? Some of the torque or twisting force is applied in rotating a golfer's upper trunk. It is a force that is transmitted from the lower trunk to a golfer's upper part of the body through the spine and external torso.

? But most of the torque forces emanate from a golfer's active muscle constriction of mid-upper trunk muscles. The combined rotation of both the upper and lower torso represents the pivot action, and this action is what drives the swing from a swing force perspective.

? The arms will not be active in a swing that is pivot-driven, and the arms are flung around the rotating torso as a result of the pivot-driven downswing action.

I, therefore, welcome you to my book A Complete Golf Swing that will help you make meaning out of the above narration. You will improve your swing, and you will never be embarrassed again as you turn out to be a professional.

Let’s get started…

Download your copy today!
Take action right away by downloading this book for a limited time discount of only $0.99! Hurry Up!!

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