

# BODY FRIENDLY GOLF by Dr. J. Darcy Dill

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Book & DVD \$39.95    [www.BodyFriendlyGolf.com](http://www.BodyFriendlyGolf.com)    (800) 362-4106

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## *“Body Friendly Golf”*

### Creating The Ultimate Golfing Machine

#### **New Golf Book & DVD Shows How To Maximize Performance and Minimize Injury**

BODY FRIENDLY GOLF BOOK & DVD COMBO reveals secrets of personal trainers, chiropractors, therapists and sports professionals. Dr. Darcy Dill combines his expertise in anatomy, physiology, and golf to bring you one of the most complete self-help manuals available on golf fitness. Compatible DVD demonstrates over fifty state of the art functional training techniques. Practical, comprehensive, & easy to follow. A step by step program to help you: customize a golf fitness program, strengthen your physiology, swing the club in a non-violent fashion, practice proper biomechanics, understand and avoid common golf injuries, maximize performance, and enjoy pain-free,” body friendly golf”.

“This well thought out book explains how to make your body less susceptible to injury through proper conditioning, as well as proper understanding of the mechanics at work in the golf swing,”

David Lee, PGA Pro and Developer of “Gravity Golf”

“So many golf books offer a quick fix. It’s refreshing to have one with real substance. Body Friendly Golf has a solid program that will help your golf game, if you are willing to stick to it.”

Breck Furnish, 16 Handicap

Body Friendly Golf Book/DVD available for purchase through Ingram, Baker and Taylor, and directly from author’s online store, “Body Friendly Golf Store” located at: [www.bodyfriendlygolf.com](http://www.bodyfriendlygolf.com). Priced at retail for consumers/competitive wholesale for merchants.

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