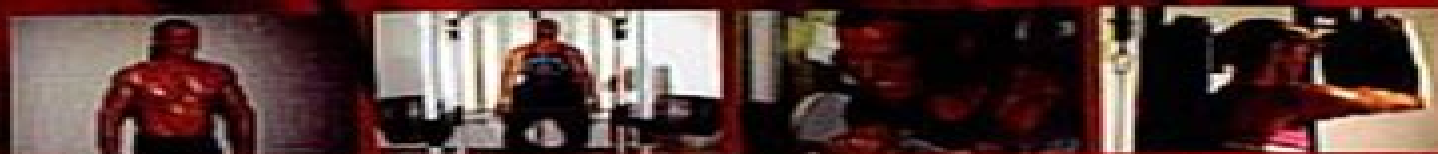


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that proper strength training is an absolutely critical factor in improving not only the golfer's overall fitness level but in dramatically improving his or her game as well. In *Strength Training for Golfers* John Little offers a workout and training schedule specific to the unique fitness needs of the golfer. The result of a successful ten year study, the Max Contraction exercises included in this book specifically target the muscles used in the golf swing to help increase strength, flexibility and muscle endurance and add on average up to twenty additional yards of distance off the tee. **Progress in muscle**

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Completed Research in Health, Physical Education, Recreation & Dance American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), 1986 This compilation lists research completed in the areas of health, physical education, recreation, dance and allied areas during 1984. The document is arranged in two parts. In the index, references are arranged under the subject headings in alphabetical order. Abstracts of master's and doctor's theses from institutions offering graduate programs in health, physical education, recreation, dance and allied areas are presented in the second section. The names of institutions reporting are also listed. JD **AGARD Conference Proceedings** North Atlantic Treaty Organization. Advisory Group for Aerospace Research and Development, 1971

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