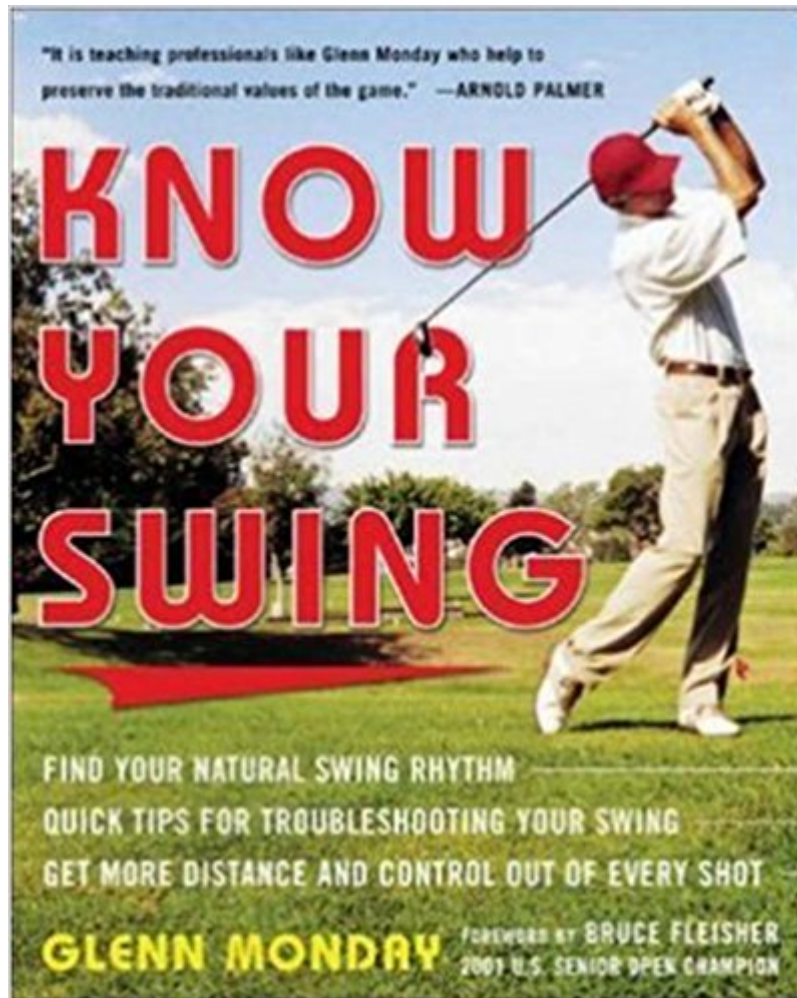




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# Know Your Swing



## Synopsis

From one of America's most experienced golf instructors, a fully illustrated how-to guide for mastering your swing With his successful "Winning Instruction Formula," renowned golf teacher Glenn Monday guarantees an improved swing for players of all ages and levels. In Know Your Swing, he provides you with step-by-step instructional drills for mastering everything about your swing--from the path to the grip, leg work to power stance, and every detail in between. Inside, you will learn how to: Troubleshoot your swing Get more distance and control out of every shot Find your natural swing rhythm Filled with numerous photos and illustrations, and officially endorsed by golf legend Arnold Palmer, Know Your Swing is what you need to achieve the ideal swing.

## Book Information

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Average Customer Review: 3.0 out of 5 stars 1 customer review

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## Customer Reviews

"It is teaching professionals like Glenn Monday that help to preserve the traditional values of the game." - Arnold Palmer

"Glenn Monday's the greatest! This book is remarkable."--Ernie Banks, Baseball Hall-of-Famer and student of Glenn Monday "Because of his understanding, insight, and extraordinary love of teaching, Glenn Monday has created a truly valuable instructional aid. Know Your Swing is recommended to golfers at all levels who strive to be the best they can be."--Ken Still, a 34-year veteran of the PGA Tour Backed by more than 30 years of teaching experience and fully endorsed by pros such as Arnold Palmer, renowned golf instructor Glenn Monday guarantees that by following his winning instruction formula you will improve your golf swing, no matter what your age

or level of play. "Know before you go," says Monday, as he outlines detailed instructional drills to help you first build the proper mental framework to keep you from swinging off track. From there, Monday brings the swing into your muscles, giving you solid keys for generating power in your body. With his tour-tight approach, Monday builds your golf swing from the ground up in seven easy lessons, showing you step-by-step how to: Streamline your presentation with proper position and swing-path control Swing into the finish with powerful follow-through Master each element of the backswing for strong motion Use leg action for maximum momentum Perfect the proper grip Align and maintain your power stance Achieve a natural rhythm Filled with numerous tips, exercises, and illustrations, Know Your Swing is the only book you'll need to learn everything there is to know about the golf swing.

I'm very pleased with this product. It was affordable, and it cuts great. I was replacing an extremely dull chef's product that I couldn't seem to get sharp. This product has been a welcome change. arrive on time, Nice and valuable. i will purchase it from you next time. i love it ,

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