

Golf Fitness Video: Improve Your Golf Swing In Your Home

Using a golf fitness video is a great alternative to going to a gym. Just think of the time you're saving not worrying about what you where or how you look; or driving 20 to 30 minutes to your local gym; and then showering, changing and getting back home. Golfers Of All Abilities Golfers are realizing that a golf fitness video is a great shortcut to a better game, quickly. The great thing is...you don't have to be young or fit to do it. I have golfers who are in their 70's doing my golf fitness videos. Golf Fitness Video Requirements When you're researching golf fitness videos, there are several things to keep in mind. There should be easy to follow demonstrations of every golf exercise. This is separate from the workout component of the golf fitness video. You want a menu that is user-friendly and easy to move around to the different sections of the golf fitness video. No Golf Training Fluff! I have purchase all the golf fitness videos on the market doing research since I'm in that business. I have been hugely disappointed at all the "hollywood fluff" and talking on these videos. I don't know about you...but I don't have the time to waste listening to some one go on and on; or someone trying to be too cute on film. I actually purchased a golf training dvd where the women was wearing sunglasses in certain parts! Come on! What you are really paying for is the golf fitness workout itself. There should be a component of the golf fitness video that takes you through the entire golf fitness session, from start to finish. This way it's like having the trainer right in your home. I have seen hundreds of fitness videos that do not take you through the entire routine. They are pieced together and leave you trying to figure out what to do with it. Golf Specific Fitness Levels Another important point. Watch out for the 'one-size-fits-all' approach. This is not what you want. You want to be lead through a golf fitness routine that is suitable for your current level of fitness, age and abilities. If your starting point is a little lower, then a golf fitness dvd that is more challenging will only promote you to fail. I've seen this time and time again. On the other hand, if you are an experienced exerciser, you want a golf fitness video that is more challenging than a beginner (novice) one. One that will challenge your core stabilization, balance, coordination and muscular endurance. Do Your Golf Fitness Research Don't be overwhelmed! But making the right choice will dictate the ultimate success of your program. So make sure to thoroughly read over all the information pertaining to that golf fitness video before you buy it.

About the Author

There is evidence from only one trial that an exercise programme helps more smokers quit in the long term than smoking cessation.

Source: <http://www.productsherbal.com>