



Swing Like a Pro

Ralph Mann, Fred Griffin

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In a labor of love, novice golfers and professionals alike take to the practice tee to pursue the most coveted element of the game: the perfect swing. But even with a wealth of pros to model your swing after, the secret of the swing remains elusive. Should you grasp the club with a neutral grip like Jack Nicklaus, or use a traditional Vardon grip like Nick Faldo? If only someone would compile the best elements of the pros' swings to show you how to master the techniques for yourself. Dr. Ralph Mann and Fred Griffin did, and now they're sharing the secrets in this groundbreaking book.

Joined by premier golf instructor Fred Griffin, Dr. Ralph Mann captures the essence of the skills of golf's greatest champions in **Swing Like a Pro**. For seventeen years, CompuSport International's biomechanics expert Dr. Ralph Mann devoted himself to studying the swings of more than 100 PGA and LPGA Tour players to uncover the keys to a better game and a lower handicap. The results: a breakthrough learning tool, the computer-generated composite Pro.

Drawing on CompuSport's extensive research, the Pro embodies the mechanical elements of the holy grail of the golf swing--efficient, effective, and now achievable. Illustrated with 175 animated 3-D stills of the Pro that pinpoint the exact motions of a body executing the perfect swing, **Swing Like a Pro** provides accurate, consistent information about how to play the game properly. Dr. Ralph Mann and Fred Griffin break down the exact steps you can take to develop and refine your skills at performing every aspect of the shot. They examine and explain the setup, how to grip the club properly, the seven characteristics of a great backswing, how to impart energy to the club via a powerful transition move, and achieving distance and accuracy through a perfect downswing and timing following the Pro's example.

With its unique cutting-edge, scientific approach and the expertise of its authors, **Swing Like a Pro** promises to be the best golf Pro you ever consulted to help you improve your swing and shave strokes off your handicap.

Swing Like a Pro ushers in a new era of sports instruction that combines the traits of every golfer's unique, individual swing with the subtle, techniques all great golfers have in common. Featuring CompuSport's computer-generated "Pro," who shoots a 50 every time, Swing Like a Pro embodies the best tactics known to golfers today. Readers match the Pro's scientifically proven tips with their own movements to create a swing mirroring golf's most talented players. Topics include: The Pro Setup, with the secrets of body balance and club alignment The backswing's seven essential elements, with drills for improvement The downswing for distance and accuracy, and how you can have both Timing and tempo, when the Pro puts it all together *Swing Like a Pro's* dynamic 3-D images far surpass traditional sports photography, making this an unrivaled approach to golf instruction and proving there is such a thing as a perfect swing. -->

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Sergio Espinoza:

Do you have favorite book? Should you have, what is your favorite's book? E-book is very important thing for us to find out everything in the world. Each e-book has different aim or even goal; it means that publication has different type. Some people experience enjoy to spend their time and energy to read a book. They can be reading whatever they consider because their hobby is reading a book. What about the person who don't like reading through a book? Sometime, man feel need book after they found difficult problem or perhaps exercise. Well, probably you will want this Swing Like a Pro.

Albert Fragoso:

Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or their very own friends. Usually they carrying out activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try look for book, may be the book untitled Swing Like a Pro can be excellent book to read. May be it is usually best activity to you.

Sallie Farris:

People live in this new day of lifestyle always attempt to and must have the extra time or they will get wide range of stress from both everyday life and work. So , when we ask do people have spare time, we will say absolutely yes. People is human not really a huge robot. Then we question again, what kind of activity are you experiencing when the spare time coming to you of course your answer will certainly unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative inside spending your spare time, the actual book you have read is Swing Like a Pro.

Timothy Quintero:

Many people spending their time frame by playing outside together with friends, fun activity with family or just watching TV all day long. You can have new activity to pay your whole day by studying a book. Ugh, do you consider reading a book really can hard because you have to accept the book everywhere? It alright you can have the e-book, delivering everywhere you want in your Mobile phone. Like Swing Like a Pro which is having the e-book version. So , try out this book? Let's see.

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