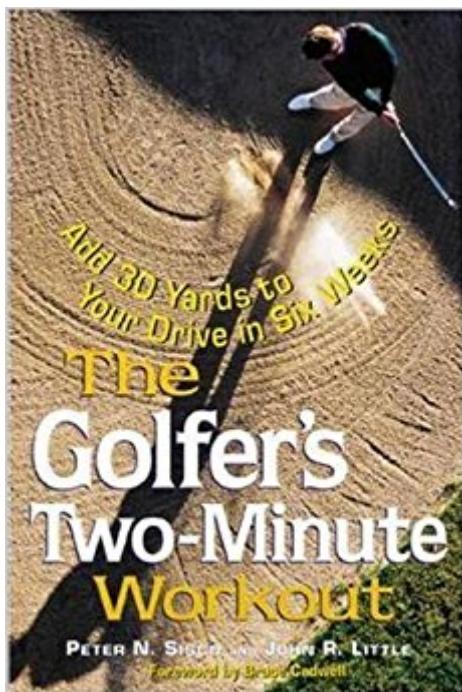


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# The Golfer's Two-Minute Workout



## **Synopsis**

Golf is a sport that has largely overlooked the critical role of strength training. It's a law of physics, however, that greater strength drives the ball a greater distance and that a stronger golfer is a better golfer. From a subtle wink of an eyelid to a thunderous 300-yard drive, muscles are responsible for our every motion and for generating all of our power. Now, using a totally new and amazingly successful training program, golfers can add up to 30 yards to their best drive after just six weeks--with a total workout time of only 24 minutes! Based on the extensive research of health-and-fitness authorities Peter N. Sisco and John R. Little, *The Golfer's Two-Minute Workout* is a super-productive and lifestyle-friendly fitness program. It takes basic, familiar exercises and illustrates how to perform them in a way that maximizes conditioning for success on the links. Certainly the quickest exercise regimen ever recommended--a mere two minutes of actual exercise time--this program is nothing short of revolutionary. Peter N. Sisco is the editor of the *Training with Precision Newsletter* and the author of many fitness books, including *Power Factor Training*. John R. Little, a fitness writer for more than 15 years, is the author of numerous fitness books, including *The Warrior Within* and *Power Factor Training*.

## **Book Information**

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## **Customer Reviews**

Peter Sisco is the co-author of numerous fitness and bodybuilding books, including *Power Factor Specialization: Abs & Legs* (0-80902-2827-0), *Power Factor Specialization: Chest & Arms* (0-8092-2828-9), and *Power Factor Training* (0-8092-3017-2).

This is a reasonably well researched book. It is easy to follow and a quick read. The only flaw is the test subjects used were a poor sampling of golfers. Most golfers who would be interested in buying this book are pretty good players who would like to improve to the next level. But of the test subjects, the handicaps ranged from 11-24. That said, they all gained strength from the workout, and based on that and the reasoning they employ in the book, it is sufficient to try this system out.

My first thought when encountering this book was that the claims were too outrageous. Thirty yards is a lot, especially after only 6 weeks. However, I think it's silly to spend thousands of dollars on clubs and green fees and not be willing to spend a few bucks for a book. I have worked out off and on for many years with weights. I stopped my routine and dutifully followed the book. I worked out once a week, doing the exercises as outlined. After about 5 weeks, I didn't notice any appreciable increase in my strength or my driving distance. Yes, the amount of weight that I could lift using their static technique had increased quite a bit. However, the same thing happens when I lift weights normally. Anytime I start a new exercise, I am initially very bad at it and improve quickly to a plateau. On the book itself, I was really disappointed that the authors made their claims based on a study of 6 golfers. Just 6! That's hardly enough for any kind of reasonable statistics. Furthermore, they didn't use any kind of control group to verify that it wasn't simply a placebo effect. I would also have liked to seen a control group to verify that the extra yardage wasn't caused by people simply trying harder because they were part of an experiment. I kept wondering if these people were practicing at the range more often because of this experiment. Also, the exercises are hard to perform without a partner. They seem to work better if you have someone to put the weight into position for you. Also, I found that some exercises were hard to do with the equipment I had at home. It seemed like I was expending a fair amount of effort using other muscles just to hold my position. Sometimes, I didn't feel that the target muscles got exercised as much as they were supposed to be. What will probably interest most people more is that I did indeed increase my driving distance anywhere from 30-50 yards, but it had nothing to do with the book. First, I bought a Momentus weight club. It easily gave me another 10-15 yards. A weighted club exercises muscles which don't get exercised with normal weights. Secondly, and even more important, I discovered that I was hitting all of my shots on the heel of the club. Once I fixed my address position to account for that, I started bombing my drives. For most of the year, 250 yards was about as far as I could drive. Not long after I fixed my address positions, I hit a couple of 300 yard drives and my 3 wood is consistently in the 240-250 yard range. At the beginning of the year, my 3 wood was about 220 yards. The only thing I did like about the book was the explanation on why static exercises work.

They talk in a fair amount of detail on how muscles work. It made sense to me. Unfortunately, I just didn't see any results.

I have just finished my first week of "two-minute" workouts as per the instructions within "The Golfer's 2-Minute Workout." I read about their ground-breaking study and book in Golf magazine and liked the idea that there was actually a scientific study conducted on their method with positive results such as a dramatic increase in average drive distance. To my knowledge, this is the only study ever conducted on a strength training method that has a direct application to golfers (many other books I've read are simply taking general bodybuilding exercises and saying that they "also work" for golfers). I am pleased to report that the book delivers exactly what its title indicates, as I'm already (after only one week!) far stronger and experiencing gains in both distance off the tee and in control, that I would not have imagined (having been an avid golfer for 14 years already). I think that the authors have hit upon an innovation that is truly revolutionary and that is that strength is a key ingredient to being or becoming a better golfer. And their program builds it quicker and more dramatically than any I've ever seen. The good news is their program is so brief but the results of it are immediate and substantial. I recommend this method of exercise and this book to any golfer looking to improve his or her game.

I know a great deal regarding golf, but very little of weight training. This book promotes "static contraction" weight lifting, where you hold as much weight as possible for 20 seconds---once a week for a particular muscle group. After 6 weeks, the average strength gain is 85%, resulting in an average of 15 yards off the tee. It's a decent book---an interesting book---but one which raises skepticism. If it's too good to be true---it usually is. And that may be the case here. However, it DOES make a lot of sense. Again, I know little of weight training, but why NOT push yourself to the max for a short duration, as compared to doing many reps for an hour? I do know this---static contraction was a fad in the mid 50's. It's not around anymore for a reason. Why? I don't know. But I'm willing to try it---again, it makes sense to me. The best golf fitness book I've heard about is "Physical Golf". It drew rave reviews, but it takes 5 weeks to get a copy. There's not much out there in the way of strength training for golf---there should be more. Try this here book out first---at the very least, you'll expand your knowledge on the topic. It's very well worded---the authors "appear" to know what they're talking about---but are they telling the truth???

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