

A golfer is seen in the background, arms raised in celebration on a green. In the foreground, a white golf ball sits on the grass next to a white flagstick. The scene is set on a golf course under a clear sky.

7 Shocking Secrets

TO INSTANTLY IMPROVE YOUR GOLF GAME

From The 28 Yards in 28 Days Series By, Dr. Benjamin Arnold

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INTRODUCTION



As a long time golfer, a certified [TPI golf fitness instructor](#), as well as a medical doctor, I know the serious challenges to becoming a skilled golf player, without constant failure or injury that so many people sustain on the course.

Golf requires a specific set of skills; perhaps some of the most important are **your overall physical fitness** and flexibility, your ability to use the correct form and real golf skills combined with instructions from experts.

I put this report together to help you, the golfer improve your game in ways most people are simply not aware of.

A WORD TO ALL MY NEW GOLFING FRIENDS

“With regained health and mental clarity I was not only able to be the father and husband I wanted to be; I had the energy to pursue my main passion of golf. “

Dr. Benjamin Arnold

Becoming a skilled player, improving your swing and having other people stop just to watch you because of your skill, is just part of what players want to achieve.

In this report, I wanted to cover exactly what you need to improve your game. Many of the suggestions were taken from years of consultation with golf experts and my own journey, which I will also explain in detail in later ebooks.

Of course, there is only so much information that I can cover in the short report. Later on, I will also discuss the complete program that I devised that is not only affordable but an excellent way for you to have all the information you need to improve your golf game in one series of reference guides.

Please understand that I truly want to help you have a low overall swing score and great performance; but most of the stumbling blocks to being the best player possible, no matter who you play against, are constant because:

- You are doing the wrong preparatory exercises that are actually hurting your game.
- You are doing the wrong swing and posture.
- You are taking wrong advice from so-called experts who just want to sell you more golf equipment.
- You fail to understand the levels of correct physical fitness *for golf* and what is necessary to excel.
- You have a lack of understanding of core fundamentals and the ability to replicate them in your game.

Did you ever ask yourself that perhaps the reason why you can't improve your golf game are because of one of these issues? This report seeks to correct these problems and also offers you alternatives to traditional wisdom that often does not deliver what it promises.

I completely understand how angry it can make you when you devote endless hours to preparation, your swing, and your form, only to have what you have been practicing do virtually nothing to improve your game!

Enough is enough! Time to learn what's really important in the game and finally you can master golf instead of the game mastering you . . .

Warmest regards,

Dr. Benjamin Arnold

7 SHOCKING SECRETS



Excelling at golf requires that you unlock and put into practice, ***the seven secrets*** that I am going to reveal to you. The information is designed to take beginners and even seasoned practitioners of the game and reveal the important faults to your core practices that are ruining your game.

The information that I am providing is not general knowledge but rather insider tips that are designed to finally re-invent your game to where it should be. Please have a look and study this information and apply ALL steps.

SECRET # 1

YOU WILL NEVER GET TO THE TOP OF YOUR GAME ALONE

Ask any professional golfer how they achieved some of the highest degrees of success and they will mention a single word: **mentoring**.

One of the fastest ways to reduce your learning curve is to study accurate and important information from professionals who have already achieved highest levels of success in the game. This should include all aspects of golf fundamentals.

You will also need guidance, instruction and someone who can assist with the fundamentals. This includes detailed information from people such as me, who become experts due to our love of golf in our desire to perfect our own game with years of study and practice.

Since most beginners and some middle of the road golfers are always trying to improve their game, it only stands to reason that you seek direction from certified professionals as well as having a complete knowledge base that you can refer to, **at any time** when you reach plateaus in the game.

Golf can be very demanding which is why you need the very best information at your fingertips. This should include detailed videos that explain each specific skill, a set of reference guides as well as the best advice on diet and exercise.

SECRET # 2

HOW TO ALMOST INSTANTLY IMPROVE YOUR SWING

Almost every type of golf instruction includes ways to improve your swing for more powerful shots and greater distance. Contrary to popular belief, the latest in technology does not necessarily translate into more accurate and longer shots. The best golfers all know that it is all about the body.

In the next e-book ***28 Yards in 28 Days***, we go into extreme detail on the information that you're going to read here, and also added step-by-step instructions and videos from some of the top professionals in the world, explaining exactly how to accomplish ways to improve your swing.

Here, we're going to mention several steps that are critical:

- ✓ Golf Swing – use [a swing speed radar](#) / launch monitor to gauge your speed. Take a few shots first.
- ✓ Try to swing loosely and focus on an effortless golf swing instead of overpowering or hitting the ball hard.
- ✓ The more loose and relaxed your body is, including your wrists the easier it will be to generate speed.
- ✓ Grip down on the golf club with loose wrists to increase the club speed.

- ✓ Rotate your body faster with loose, effortless control.
- ✓ Turn your lower body faster while listening to the sound of the wind pass through the club.
- ✓ Each time make the sound of the wind passing over the club sound faster by rotating your body faster.

The steps above should clearly explain the need to relax your entire body and focus on increasing club speed. You actually want to let your body drag the club, pulling it not using just your strength to overpower the shot.

You should practice **faster rotation of your body** by making your knees touch as fast as possible when you rotate into your swing. You should also practice swinging your club through several strokes while making sure as you swing, that you can see the top of the handle of the club throughout the entire swing. This makes sure that you're holding your wrists as loose as possible.

When you combine the downward stroke, held loosely in your wrists, while rotating your body significantly faster and almost dragging or pulling the club, you will see an increase in speed from an average of about 80 miles an hour to well over 100 miles an hour. Make sure that you use a swing speed radar device to help with all of these drills and practice sessions so that you can actually see your stroke increase in speed.

SECRET # 3 - YOUR CENTER AND CORE NEED HELP

As you can see from **secret number two above**, having the ability to quickly rotate your midsection and your lower body increases golf swing speed, thereby also increasing distance. Yet unfortunately, most golfers are out of shape and need to increase their overall health and wellness, especially through their midsection to maximize speed.

There are specific exercises that you can do to tone your midsection in a way that is effective for golf. Simply doing sit ups will not necessarily increase your ability to twist your middle and lower extremities of your body for increased speeds.

In the e-books ***Golf Body Prescription*** and ***Flat Belly Golfer***, we will also go into additional detail as to the exact type and duration of exercise that is necessary to tone your midsection properly as well as additional drills, workouts and specific information that will improve your fitness correctly.

Here I want to provide you with a very simple exercise that few golfers actually do for core and twist strength; it is very important for the specific upper body strength you need for greater distance with your drive:

Trunk Twists – this is a very simple exercise to do but do it this way. Simply sit down on the floor in a seated position with your legs extended straight in front of you. You can sit

if you find it more comfortable to make sure that you can easily rotate from the left and the right.

1. Grasp a dumbbell, barbell or weight plate and hold close to your stomach.
2. Squeeze your stomach muscles and slowly turn almost 180° to your left and until you feel tension on your stomach muscles.
3. Continue to twist as far as you comfortably can, feeling a gentle stretch. Hold the stretch for a few seconds and try to stretch a little further
4. Do not over twist as you may injure yourself! Only stretch as far as you comfortably can.
5. Repeat the entire process for 8 to 12 repetitions.

If you continue to do these every day, quickly build long and lean oblique muscles, and this will actually strengthen your stomach muscles as well.

These are the best kind of exercises to do for building your midsection and strengthening your core because of the many overlapping muscles of the stomach.

Unlike most muscles, the stomach can be worked every single day and should help to strengthen and tone your midsection. The more of these that you can do over time, and safely, the quicker you will build your midsection without the necessity of extremely hard or difficult sit-ups.

SECRET # 4

YOUR CURRENT EXERCISE ROUTINE IS KILLING YOUR GAME?

Golf has unique requirements. There are specific exercises that help golfers like the special trunk twists in our last secret. The wrong exercises actually harm performance. For example, if you enjoy riding a bicycle and do so quite frequently, you may have improved cardiovascular health, but your body is conditioned for your biking sessions and not necessarily your golf game.

You can also be **undermining your game** if you practice doing anything that could be unnatural to the standard rhythm, ebb and flow of how the golf game should progress.

Professionals explain that **any exercise** should be carefully chosen and to be done specifically for, improving your golf game. This means that you need to understand the exact physical demands that will be made on your body during the typical golf game and then you must focus solely on exercises that will support and strengthen your ability to enhance your game. Anything else takes away from it.

For example, Joe has had many issues with flexibility so he started studying yoga, more specifically “yoga for golfers”. After doing so, his drive speed increased from 90 mi./h to 100 mi./h. This equated to an additional 25 yards for his drive! Now if Joe will work on his form a bit more . . .

SECRET # 5

YOUR DIET IS ALL WRONG

Your diet may be the single most important aspect to regain your health and wellness yet most golfers haven't even thought about what they eat and when.

For example, Phil Mickelson, who had an awful performance in the 2013 through 2014 season (he didn't win anything), decided to consult a professional trainer Sean Cochran. We discuss more about Phil in the e-books, ***Golf Body Prescription*** and ***Flat Belly Golfer***.

The better your health, the easier it will be to maintain proper weight, flexibility and stamina. Since golf is a **total body sport**, your diet is absolutely critical to your overall performance.

If you doubt this ask yourself this question; how many overweight professional golfers do you see? Phil certainly believes that his health was a major concern and something that had to be corrected immediately, including his weight:

"Phil's basically following a Paleo diet, which is gluten-free, no sugars and no processed foods, said Mickelson's trainer Sean Cochran."

Source: <http://www.cbssports.com/golf/news/phil-mickelson-is-all-in-on-the-paleo-diet/>

Proper diet is critical because almost all foods that are processed contain unhealthy levels of sugar, toxic additives and carcinogens like un-healthy fats.

In addition, without the proper fueling your body, you simply will not be able to perform as well as other people who take their physical fitness and diet much more seriously.

Since the typical new golfer is overweight and in less-than-perfect health, why not take this opportunity to truly embrace an amazing way to get healthy and golf better?

There many fad diets that exist that only seek to help you lose a few pounds, but unfortunately in the long run you end up putting the weight back on ***plus extra pounds***.

The right kind of diet ***for golf***, will not only improve your overall health, but will increase your stamina, allow you to develop muscle and all the right places as well as less body fat and increase flexibility.

These are all traits of someone that is approaching an ideal body weight; in other words all aspects of your life will improve simply by eating the right kind of combinations of foods and utilizing the right foods for fuel for the game.

There simply isn't a better way when it comes to overall fitness; proper diet is the single most important facet to becoming a highly skilled golfer. The better shape you are in the better golfer you will become. Anyone can learn the fundamentals; but it takes a fit golfer to win again and again!

SECRET # 6

THE TRIAD COMES TOGETHER

Our last section only touched upon the Paleo diet. While you certainly can learn exactly how to do this diet without purchasing the next guide in this series, I strongly suggest that you do.

This is because there is **a triad** that needs to be met in order for you to become one of the world's best golfers, or at least the very best golfer that you can be.

The triad involves utilizing the steps to:

- Get longer drives and faster drive speed.
- Perform the right kinds of exercise.
- Implement the right kind of diet.

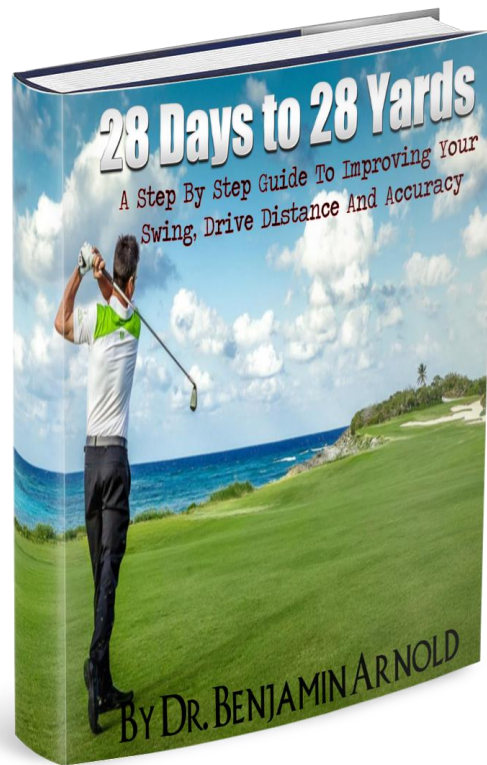
It is your job to combine all of these aspects together to create a new and improved golfer. You need to utilize the very best information, teaching, videos and combine this with the right kind of exercise and finally, the correct diet that is specific to being a golfer.

The next step will fully explain how you can achieve all three aspects of the triad with as little learning curve as possible and to also increase your health and wellness, flexibility and stamina ***all altogether and all simultaneously***. What could be more efficient and wise than this?

SECRET # 7

A BREAKTHROUGH MASTER GOLF PLAN THAT GETS RESULTS

It hasn't been a secret that I want you to consider investing in what I believe and now hundreds of other people are beginning to discover; **the 28 Yards in 28 Days series** is truly a breakthrough Master golf plan that takes into consideration everything a golfer needs in order to be successful:



Finally, you can stop worrying about exactly what you need to do to improve your overall health and wellness while simultaneously becoming a truly skilled golfer.

All three guides in the series, including this first report are all designed to work together and overlap and reinforce everything that you will learn.

This is why you have to grab the very next guide, "**28 Yards in 28 Days**" - *Finally! A Step By Step Guide To Improving Your Swing, Drive Distance And Accuracy*

This truly impressive e-book reveals some of the best facts and fundamentals of the game of golf.

If you truly want to understand and master the game, this e-book is your first and best step to becoming a seasoned and highly qualified golfer.

Please have a look at this incredible video to discover the secrets revealed in "**28 Yards in 28 Days**".

>>>> CLICK HERE LINK TO Watch Video Video<<<<