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Fit for Golf

Boris Kuzmic, Jim Gorant

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A customized conditioning program for every golfer, from one of the most soughtafter personal trainers on the PGA Tour

"Boris has been instrumental in helping me achieve my personal fitness goals."

--David Duval, 2001 British Open champion

In *Fit for Golf*, Boris Kuzmic brings to the average player the expertise he has shared with world-class golfers, including PGA Tour professionals. With his unique, easy-to-follow approach, he offers a program filled with insider secrets to show golfers at every level how to:

- Assess their individual strengths and weaknesses
- Tailor a fitness program to meet their specific body-type needs
- Customize each workout using weights, stretching, and cardiovascular training
- Train their way to better scores and more enjoyment on the course

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