

Band aid perfect for Christmas

GolfBand Products retailing from £9.99 are the perfect Christmas gift for any golfer wanting to improve their golf specific fitness and game.

The versatility of this very simple training aid means the bands can be used at home or on the practice range for strength and conditioning training, warm up and flexibility work.

They can also aid swing development as well as improve arm to body connection and lower body stability.

The bands are now being used regularly by many coaches, European Tour and LET players as part of their training programmes but are not just for elite players or those who have regular coaching.

All ages and abilities can benefit from this product whether it be to improve just one physical or technical aspect or as a complete training aid for game improvement.

In addition, coaches can utilise the versatility and benefits of these GolfBand products to supplement their regular sessions or create a comprehensive winter training programme to suit their coaching style and pupils' needs.

www.golfband.co.uk

