

On Sale: August 4, 2009
Price: \$20.00

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SWING FLAWS *and* FITNESS FIXES

*Fix Your Swing by Putting Flexibility, Strength, and Stamina
in Your Golf Bag*

By Katherine Roberts

With Swing Analysis by Hank Haney

"Flexibility, strength, and confidence are some of the benefits I enjoy when I work with Katherine."
—Joe Torre

"Working with Katherine for the last couple of years has allowed me to compete at a very high level."
—Gary McCord, pro golfer and CBS broadcaster

"Katherine's program gives you the edge you need to crush it off the tee!"
—Sean "The Beast" Fister, long-drive champion

Golfers will try anything to improve their game and spend outrageous sums of money every year on new balls, clubs, and swing instruction. But what holds back most amateur golfers isn't their equipment or even their swing—it's their fitness. Robust with easy-to-follow fitness and golf tips **SWING FLAWS AND FITNESS FIXES: Fix Your Swing by Putting Flexibility, Strength, and Stamina in Your Golf Bag (Gotham Books; Trade Paperback Original; On-Sale August 4, 2009; \$20.00)** by Katherine Roberts explains and corrects the many golf swing flaws that result not from improper technique but from poor physical fitness.

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A revolutionary book, **SWING FLAWS AND FITNESS FIXES** offers hope of better golf through direct correlation between swing flaws and the body. With Roberts's help, golfers will be able to identify their swing flaw, uncover their physical restrictions and the connection between the two, and finally discover a solution to the problem.

The Golf Channel's fitness expert, Roberts outlines a precise combination of flexibility and strength training. With tips and step-by-step guidance for warming-up properly, developing a stronger, healthier back and core, obtaining better balance, and longevity in the game, **SWING FLAWS AND FITNESS FIXES** will get any golfer in shape to play their best.

Including swing corrections by the legendary Hank Haney, Roberts's program features:

- Tests to measure baseline stability and mobility.
- The ideal warm-up exercises for golfers.
- Techniques for simultaneously improving posture, balance, and strength.
- Exercises to obtain yoga-quality levels of flexibility.
- Nine of the most common swing flaws, from "coming over the top" to the "chicken wing."
- Exercises designed by Roberts to overcome the physical deficiencies at the root of the problem.
- A full workout program for better back health and stronger core muscles.

Enhanced with one hundred photographs of Roberts performing the exercises, **SWING FLAWS AND FITNESS FIXES** is an invigorating new approach that not only solves age-old golfing woes but enables you to become a healthier, more vibrant person on and off the course.

Swing Flaws and Fitness Fixes

Fix Your Swing by Putting Flexibility, Strength, and Stamina in Your Golf Bag

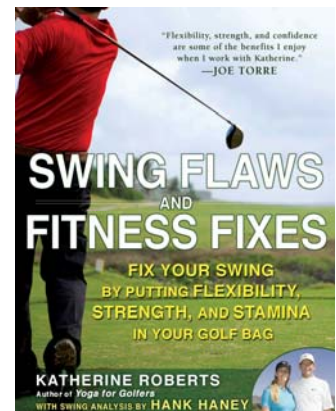
By Katherine Roberts with Hank Haney

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Gotham Books, \$20.00

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www.KRFlexfit.com



About Gotham Books:

Gotham Books, an imprint of Penguin Group (USA), was launched in 2003 by industry veteran William Shinker. Bestsellers that have helped to establish its solid foundation are Eats, Shoots & Leaves, Game of Shadows, The Official eBay™ Bible, The Lucky Shopping Manual, Almost French, Letters to a Young Brother, Letters to a Young Sister, The Miracle of St. Anthony, The Tao of Willie, It's Called Work for a Reason, Do You, The House of Mondavi, Every Shot Must Have a Purpose, How Starbucks Saved My Life, Body Drama, Always By My Side and I Can Has Cheezburger. Penguin Group (USA) Inc. is one of the leading U.S. adult and children's trade book publishers, owning a wide range of imprints and trademarks, including Berkley Books, Dutton, Frederick Warne, G.P. Putnam's Sons, Gotham Books, Grosset & Dunlap, New American Library, Penguin, Penguin Press, Philomel, Riverhead Books, and Viking, among others. Penguin Group is owned by Pearson plc, the international media group.



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About Katherine Roberts

Katherine Roberts is a regular contributor for The Golf Channel and thegolfchannel.com, and has appeared on favorites such as *The Big Break*, *Game On*, and *The Turn*. Roberts is a certified fitness trainer, yoga instructor, biomechanical specialist, and golf coach. She has been featured in *USA Today*, *Golf Magazine*, *Men's Health*, *Golf for Women*, and numerous other publications. She is a certified golf performance coach and has been a flexibility expert for major league baseball for the past six years. Roberts is on staff with Nike Golf and teaches clinics at top resorts worldwide. She divides her time between Scottsdale, Arizona and Vancouver, British Columbia.

About Hank Haney

Hank Haney has instructed over 200 touring professionals from the PGA, LPGA, Champions, European, Japanese, Australian and Asian tours and his students have won every major championship in professional, amateur, and junior golf. He named one of *Golf Digest's* Top 3 Teachers in the World, 2008 and is a highly sought after instructional and motivational speaker.

Haney is the author of *Essentials of the Swing*, *The Only Golf Lesson You'll Ever Need*, *No More Bad Shots*, and *Fix Your Yips Forever*. Haney and Katherine Roberts have taught a number of golf schools together for ESPN Golf Schools and this is the first golf fitness book he's participated in.



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For more information about Katherine Roberts and *Swing Flaws and Fitness Fixes* please visit www.KRFlexfit.com.

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