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Impair Healthy Healing In People Over The Age Of 30!

Choosing The Right Course For Beginners

By Jimmy Bonner

Taking out the phonebook and picking a course for its name is not a good idea for beginning

golfers. Choosing a course is one of the most important decisions a golfer can make when they are first starting out. Golfers need to have confidence to continue to excel at their game, if they choose a course too hard this could ruin ones passion for the game. Conversely golfers won't want to play a course too easy because they must be challenged to play their best each time they step on the course.

The actual build or DNA of a course can be defined by its slopes, water, traps, rough, trees, and greens. Some courses are consistently hillier than other courses. Some courses are surrounded by water; others are dry as a desert. Many courses utilize trees as a natural barrier against the public, thus many courses are plentiful with trees. The physical landscape of a course can make a lot of difference in selecting a course for beginners. Typically you want to choose a course that is less hilly, and doesn't have too much water attached to it. This will allow beginning golfers to hone their swings, and skills before trying to master a PGA level course. Also beginner courses should have limited brush, this makes finding your balls much easier assuming you hit a few into the rough.

Cost should be another factor in choosing a course for beginners. Courses that are too costly can be unrealistic to play on because of their cost. Unless the golfing budget is as big as a 6 figure salary, you want to be able to play on courses that will allow for an easy return at little cost. Golf, like any other sport requires a tremendous amount of practice, and patience. If you play less costly courses you will have more opportunity to play the same course often, because it's not going to put a dent in your bank account. So choosing a cost effective course for beginners is a great first step. Look for public courses, or find out where the local college tees off. Typically the college will have its team play on a course that isn't going to cost the school too much money.

Rules on the course are another important aspect in selecting a course. Find out what the dress code is, who is allowed to play, if they have golf carts, if they require a caddy, and if they have additional rules for guests. Many times golf clubs will have additional rules for guests that can be prohibitive towards your game. If you are playing on a course that requires you to do a bunch of tasks that will distract your game, don't play on such a course.

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Tee time in golf is also important in choosing a course. Call the local clubs and ask about the tee times available for the day you want to play. If there is a large amount of players teeing up on certain day, it may be a good idea to wait for another day to play. Typically if there are many tee times booked the course will be full of players that might want to play through your hole because you are new and still learning, thus taking more time to get your shot off. Be sure to go to a course that doesn't have too many tee times scheduled for the day you select, if there is a bunch of times already booked simply ask for a less busy day.

Jimmy Bonner is the author of the best-selling golf ebooks. He can walk you through every single step to cut your handicap, hit ball farther and stop slicing at *Advanced Golf Skills*

<http://www.advancedgolfskills.com>

Barbell Exercises That Suit Beginners

By Rick Mitchell

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The aim for beginners to weight training must be to lay the foundations for the intensive workouts that their bodies will eventually be subjected to. Obviously successful bodybuilding involves bringing together disparate elements such as nutrition and rest but choosing the right exercises is crucial. In this article we'll outline the barbell exercises that will enable new bodybuilders to develop the general strength and body conditioning needed.

Initially beginners should aim to complete two sets of ten to twelve reps but after a few weeks, when you have developed sufficient control and basic strength, experiment with one set of six to eight reps to failure. This will maximize your muscle growth and give you the impetus to move on to the next stage of development. Before long you'll find the use of this single piece of equipment restricting, so later in this series of articles we'll pull together a muscle boosting program that utilizes other equipment to take you to the intermediate level. In the meantime, get to work with these exercises in order to get used to working your muscles.

Start off training four days per week and work body parts on the following basis not forgetting to incorporate rest days:

Day 1 – Biceps, Back, Abs

Day 2– Hamstrings, Shoulders, Abs

Day 3 – Quads, Forearms, Calves

Day 4 – Triceps, Chest, Abs

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The exercises recommended for beginners are as follows:

CHEST: Bench press

SHOULDERS: Upright row, military press, front shrug

TRICEPS: Lying triceps extension, lying triceps extension with EZ curl bar

BICEPS: Standing curl, EZ standing curl

LOWER BODY: Squat, reverse lunge, calf raise

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

Bodybuilding Advice

to learn

more about the issues covered in this article.



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