

# 3 Simple Ways To Improve Your Golf Game

*Are you an avid golfer continually looking for ways to lower your score? Here's how to do it.*

AUSTIN, TEXAS, USA, May 18, 2016 /EINPresswire.com/ -- To see a short video demonstrating how a therapy device improves golf [click here](#).

## 1) Control Your Club

One of the keys for improving your golf game is to make sure you have control over your golf club. The [HeartFlex](#) was originally developed for therapy and this unique device will enable you to quickly improve the strength and flexibility in your hands, wrists, arms, and shoulders giving you maximum control of your golf club - especially through the hitting area. This tool uses a resistance assembly that is so special it is protected by 3 US patents.

## 2) Control Your Ball

By performing four simple HeartFlex golf exercises five to ten minutes a day, once or twice a day, you will improve the strength of your wrists and your forearms which will improve your ability to control the golf club, thereby controlling the golf ball - reducing your score and allowing you to get a lot more enjoyment out of the game. HeartFlex is compact, lightweight, and silent. It may be used used while standing, walking, even sitting at your desk.

## 3) Lower Your Score

It's really that simple. Control Your Club, Control Your Ball, Lower Your Score.

"The HeartFlex Upper Body exercise tool is an excellent warm up tool for golfers. It creates a continuous, light resistance throughout a range of motion. The tool takes your upper body through a number of exercises and motion, which are necessary for a



smooth swing through the hitting area



build wrist and forearm strength with HeartFlex

"The HeartFlex device is portable and easy to use, and would make a smart addition to any golfer's pre-play warm-up and overall conditioning routine." — Dr. Larry Foster, M.D., F.A.A.O.S., author — Dr. Divot's Guide to Golf Injuries

"This ingenious twistable bar with grips on either end is a terrific piece of equipment where light resistance and multiple repetitions are desired. That makes the HeartFlex a perfect way to warm up for golf or tennis or any activity for that matter. Like swimming, this sophisticated little machine produces "consistent resistance" through motion in any direction, critical to building strong, dense muscle tissue." — Bob Fagan - product reviewer, "Golf Today Magazine"

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This press release can be viewed online at: <http://www.einpresswire.com>

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