

GOLF TRAINING PROGRAM

DROP  
TEN

STROKES

*Make 90% of Your Ups & Downs*

**BY JOLLY TEAM**



# DROP TEN STROKES

## THE SMART SHORT GAME PRACTICE

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[www.jolly.golf](http://www.jolly.golf)

*To all the golfers who have believed and  
will believe in us, a heartfelt thank you.*

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# INTRODUCTION

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Dear golfer,

There is no getting around it,

if you want **to improve your score**, you absolutely must improve the short game. In fact, we need to **become real sharpshooters** around and on the green.

This manual is the result of thirty years of teaching and is suitable **for anyone who loves golf** and lives it with a little competitive spirit.

The aim of this guide is to give simple and clear advice that **you can always apply to score a par** instead of a bogey, and that will help you improve your score by at least 10 strokes per round.

And if you want to do even better in the practice sessions, you will discover the tool that will increase your performance.

As Bobby Jones would have said "**The secret of golf is to turn three shots into two**".

Let see how to do that... Happy reading!



# THE SHORT GAME THIS UNKNOWN

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Touch, feel, finesse, creativity around the green, are terms often randomly used in golf.

When they are used, it usually sounds like they are natural talents of the players, "touch is something you are born with, sensitivity is a natural talent, if you did not learn this talent on the green from an early age, you can forget it".

**The good news is: it's not like that!**



*Who correctly manages the energy in the short game has precise fundamentals, constants, fixed points that have been consolidated with practice.*

*A focused and careful practice that we have tried to make it clearer and more accessible to everyone.*

So many times we thought we had everything clear and under control, thought we were in tune with our swing, we were sure we had it 100% under control and then almost all of a sudden everything changes, our perception, our confidence in the action and finally our state of mind. This is perfectly normal, it's called golf and we all love playing it. We just have to learn to accept the myriad of ups and downs and begin to understand an aspect of the game that the pros grasped long ago.

**The real secret to mastering the game lies in handling finesse strokes.**

They are what save the score. Maybe they are not that sensational, but they allow us to play hole after hole with a different confidence and make fewer putts or more unexpected pars.

Over the years we have seen a lot of developments, whether it's in equipment, courses, physical preparation or in performance management.

**There is one area of the game that has essentially not changed** because it is really related to the sensibility of short strokes, as it might be in painting or playing an instrument.

Every time we make these shots they are never soft enough, they often have a bounce away from the hole, they are too short or too long, they don't fly as high as we would like etc., etc., but if done better we would have had a better result.

If you are into high-level tournaments and watch TV often, you'll have noticed that at the end of a game you **usually remember what happened on the green**, whether it was a putt or a pitch. That's because tournaments are won in the few feet around the hole, the area where the best players make the difference. Golf history teaches us that from the fathers of the game like the old Tom Morris to Bobby Jones, Tom Watson, Severiano Ballesteros, Tiger Woods, Phil Mickelson and many others, they all had a lead more. With **great "up and down"** they turned ugly bogeys into pars and sometimes even birdies.

They were able to combine their ball length with a special skill, using wedges in a different way as special musical instruments that can play a unique symphony. For this very reason, **understanding the dynamics of the short game is certainly the best way to understand and grasp the essence of golf**. In the early days of golf, when building a practice range seemed unnecessary, there were only tiny areas that were used for practice.

Mastering this part of the game almost came naturally, as neither the balls nor the clubs used reached great distances and you had to be ingenious in the art of recovery. In some of these aspects, the situation today is just the opposite, especially for those who play as club players. **People generally use the practice range to hit mainly long shots, neglecting the most refined part of the game.**

Also, having **limited time does not help**, because developing a plan **to improve distance** off the tee takes a lot of commitment, **your muscles have to get used** to a profound change, and even though longer somehow looks better when you are close to the hole, those **10 yards do not make that much of a difference**.

If you think about it, the length of the distance is certainly relevant, but it's also very complex upon closer inspection, unless you have a lot of time to devote to it. Professional golf instructors are the perfect witnesses to this, as they watch frustrated students try to improve stroke distance and almost never succeed.

### **Improving touch is possible!**

It requires less physical effort, is less frustrating than hitting baskets full of balls at the range, and at the same time **brings more creativity while improving your swing technically and helping you understand stroke geometry**.

It's not enough to just hit balls, **you need quality work, clear concepts and a golf tool to guide you along the way**.



# WHY TO TRAIN CORRECTLY IS A GOOD ABILITY

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Professional golf instructors know very well that it takes more than a strong will, good technique and a lot of time to improve.

**You need clear ideas, a precise focus, good organization of the time you spend, and above all, clear goals.**

Not easy for everyone!

On the other hand, it is very difficult to know which direction to go if you do not have clear ideas.

**This manual has that prerogative**, it allows us to bring order to the many, countless pieces of information we have acquired over time, it guides us to think according to precise schemes, and at the same time it leaves a little room for personal preference.



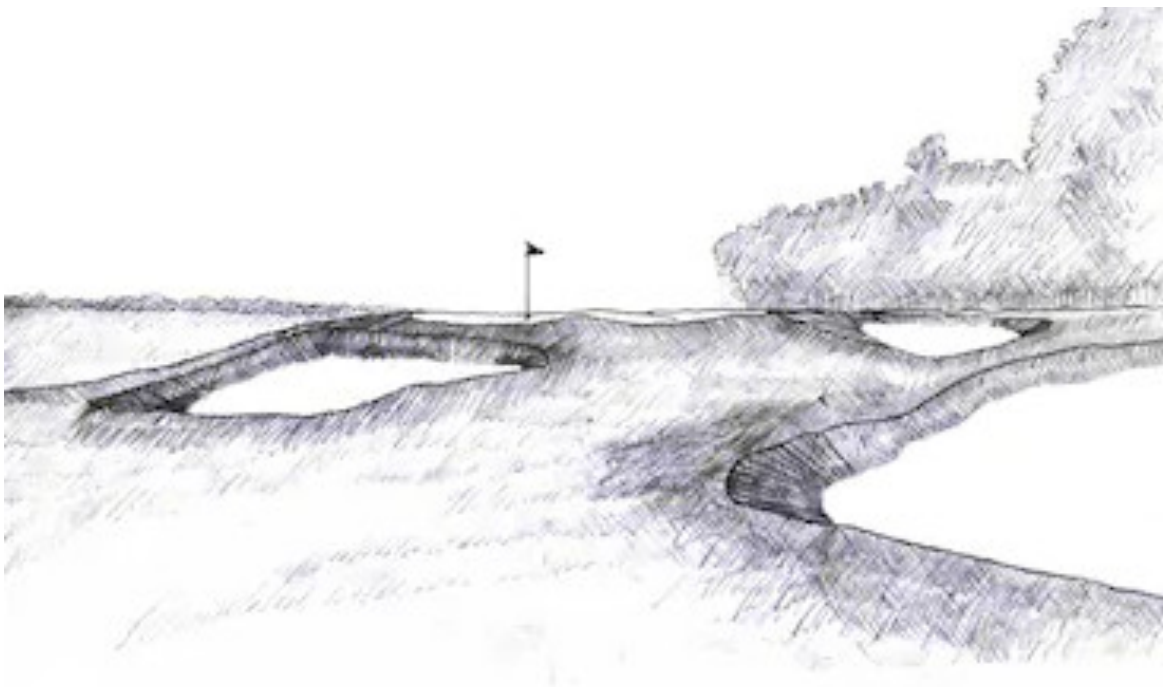
# THE JOLLY TRAINING PROGRAM

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Aware that the time available to us is always in short supply and the desire to run to the golf course is paramount, we wanted to develop a **method that could help you understand how to work.**

**Sessions of ten/twenty minutes each**, each focusing on a single type of flight, are sufficient. In keeping with our quest for a short but intense workout, we have developed a training program that leads to quality and most importantly, **keeps the player focused on the task at hand.**

Moreover, if you follow the offered passages associated with **G.A.S.P.**, you will improve in the same session: **mental, technical and physical aspects that will greatly benefit your game.**



# G.A.S.P. The secret of good golf!

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## FUNDAMENTALS

Every swing has some fundamentals that need to be observed in relation to the stroke one wishes to make. They have to be checked before the execution in a precise order almost like a ritual.

There are four fundamentals and all the top players know them very well and can modulate them depending on what they want.

G.A.S.P. is a magical word summing them and allowing you to enter the world of technique (organizing your thoughts) and guiding you to the awareness of each stroke.

Let's examine them together:

**GRIP** (FIG.5): it's the contact you have with your iron, your sensibility, your ability to feel the stroke, your action with the wrists, your ability to handle the face of the club during impact. Therefore remember that your hands need to be positioned correctly.



FIG.5

## GRIP WARNING

If, after a little practice, you notice a hole located in the palm of your glove, check it with your pro. Trouble is brewing!

**ALIGNEMENT** (FIG.6): it's your relation to the target.

Beware! To be able to see the target doesn't mean you are aligned.

To aim is an ability which needs to be trained as when you go to the range.

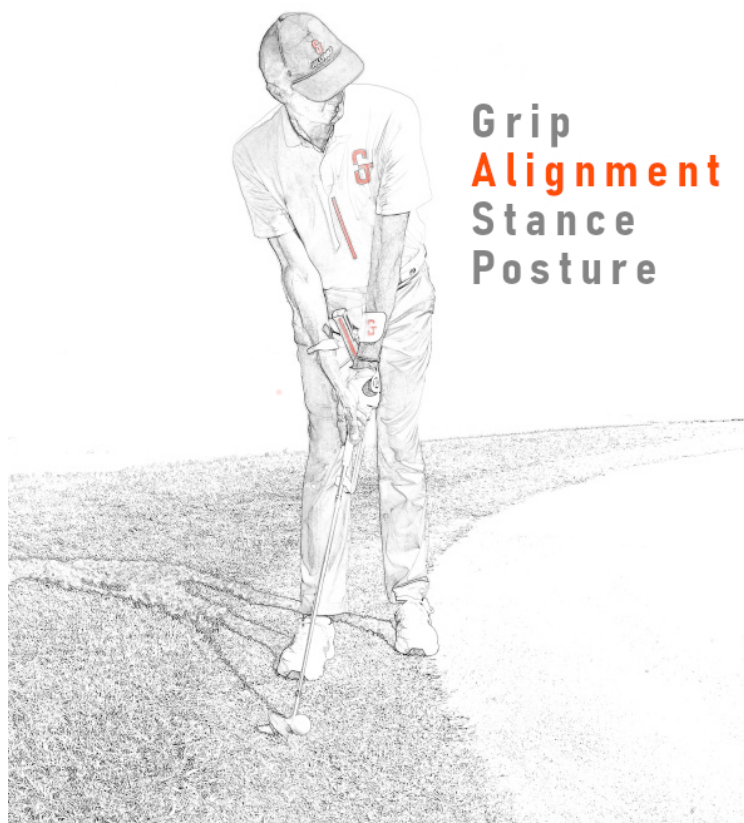


FIG.6

**ALIGNMENT WARNING**

If you hit the ground before the ball, as in *heavy shots* or you are missing on the right, check your shoulder alignment! You could be aiming too much to the right of the target.

**STANCE** (FIG.7): feet, distribution of body weight, grip to the ground rhythm, perception of the ground.



FIG.7

**STANCE WARNING**

Please avoid having the ball placed in front of your right foot if you are right handed. It will affect the ball contact and it will result in too many compensations.

**POSTURE** (FIG.8): it's the optimal position in front of the ball, it's the control of tensions, it creates freedom in movements, it synchronizes the act, it centers the rotation of the vertebral spine and it facilitates the sequence.



FIG.8

**POSTURE WARNING**

Body angles are crucial. The correct tilt of the shoulders are extremely important. If your right shoulder (for right handed golfers) is lower than the left, takeaway, ball contact, weight transfer will all be difficult to manage.

**GASP** IS THE MAGICAL WORD, WHICH WILL BE FROM NOW ON YOUR SAFETY LIFELINE, YOUR MANTRA!

# A CORRECT TECHNIQUE A GOOD TOUCH AND CREATIVITY WITH JOLLYGOLF

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We know from our own experience that lessons are usually preferred for the long game, and that the fundamentals of the various strokes of finesse are seldom clear. Thanks to the precise indications given by JollyGolf characteristics, everyone can **easily find the best position to take in front of the ball.**

We wanted the swing trainer to be practically put together, with cues that allow you to focus on the details that give life to a **proper ball flight**. It is a tool that will help you better **manage energy and parabolas**. The ideal workout should be considered a blend of technical work (form) and effectiveness (substance).

Low, mid and high balls become familiar terms, especially understandable to those who have the opportunity to experiment with JollyGolf training aid.

The design of the device allows to get a good shot from the beginning with a **clean and pleasant touch that will be present every time we use it**. A characteristic touch that, once experienced, becomes a defined signal at the neuromuscular level. Each particular configuration makes it possible to achieve with ease the correct position of the hands ("grip") and maintain it during execution (fundamental for a good touch). Technique and touch are integrated with an aspect that is often only marginally considered, namely creativity, which has to do with reading situations, the ability to choose the energy to use, the attitude of "seeing and feeling" the stroke before executing it. **Like any other skill, it must be trained with targeted training sessions created in accordance with JollyGolf.**

# BALL'S FLIGHTS, HOW TO HANDLE THEM?

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## LOW, MEDIUM, HIGH? WHY?

To the questions golfers are asked, namely **how to obtain different flights** of the ball, the answers received are rather convoluted.

Few players practice this aspect of the game. Few understand that this skill has much to do with good scores. It gives you a sense of what you can get out of a particular position, it allows you to fly over a bunker or water hazard with **more confidence, it helps you place the ball close to the hole** when the green is uphill, deal with bad weather and difficult fields, and understand which is the right golf club to use at any given time.

JollyGolf was designed for this very purpose, to help you navigate such treacherous environments.

**Golf is a game that requires precise positions in front of the ball**, positions that organize appropriate sequences that are translated into efficient swings by the player. JollyGolf will help you find them and implement them in the easiest way possible!

LOW FLIGHT, ROLL IT



MID FLIGHT, MID/LITTLE ROLL



HIGH FLIGHT, ALMOST NO ROLL





# LOW FLIGHT- *Chipping*

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## *CHARACTERISTIC:*

This is one of the most important strokes when talking of scores, the best players find it as decisive as the putt. You can often see them touch the hole or even get in the hole.

When there is much green on which to work the ball or you are very close to the green or there are many steps or slopes, or you are not relaxed and don't want to risk it you look for this solution. **It's the easiest and most efficient way.** It should be technically the first stroke to learn because of the many advantages it can give.

It helps to understand the handling of the energy, the small nuances at impact, the length of the takeaway, the tension we do not normally feel, a correct use of the wrists, showing how efficient we are in the short distance. (FIG.10)

*CLUBS:* PW, 52, 9, 8

## *FUNDAMENTALS TO BE CHECKED:*

*GRIP:* neutral, hands forward of the breastbone, slightly closer to the target than the clubface.

*ALIGNEMENT:* parallel to the target.

*STANCE:* ball between the feet, weight on the left foot, left foot slightly opened.

*POSTURE:* relaxed legs, arms ahead of the club head, bust tilted forward, small angle between wrists and club head.

*TECHNIQUE:* let's imagine that hands and club head make a trajectory in which hands are always ahead of the club head. That allows the loft not to change, guaranteeing the maximum quantity of roll.

The action you need to look for is very easy. You should cover it with the upper body trying to have relaxed hands and arms. Look for a smooth roll, sliding the clubface as much as you can.

In this case the most frequent problems are in the alignment, the excessive rigidity of the wrists, in the back, in the position of the ball which is backward in respect to the stance, in the posture, with overly marked body angles, a too large stance. You need to look for a very rhythmical action, avoiding divots and rigidity. We suggest the use of more than one golf club.



FIG.10

# MID FLIGHT - *Pitching*

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## *CHARACTERISTIC:*

You are not close to the green. Nonetheless, you have room enough to roll the ball, you have to pass tall grass, a bunker or any other obstacle and you are at a medium distance (from 15 to 50 yards).

To many it make sound like a mini version of the long swing but you will find out that this is not the case. Usually that is a very critical area for many players considering the variety of positions one has to face.

Hands and clubface go together and that the club loft has to be kept. 20-30 yards are rather delicate distances. You will need to be very basic, to use your body parts in a really balanced way (FIG.11)

*CLUBS:* 58°, 54°, 56°, 52°, 50°

## *FUNDAMENTALS TO BE CHECKED:*

*GRIP:* neutral, hands aligned with the breastbone, perpendicular to the ball.

*ALIGNEMENT:* parallel to the target.

*STANCE:* ball below the breastbone, weight slightly to the left but less than in a chipping, feet very close to each other to facilitate the shift of the weight.

*POSTURE:* relaxed legs, arms falling in front of the body, bust tilted forward, small angle between wrists and club.

*TECHNIQUE:* in this case, hands and club head travel together, the direction of the body and of the arms are very connected with no sudden acceleration. That eases the impact making it smooth with no deep divots.

It requires a good control of the club head which should never be closed and should travel an internal trajectory (one of the major problems for many players). That's why it is very important to concentrate on the G.A.S.P. of reference, pay particular attention to the tilt of the shoulders which, if too pronounced , make disastrous effects.

It requires practice and the understanding of some concepts.

For the club player it may represent a big problem starting with the very choice of the golf clubs. Those who are not so expert tend to make a movement which is too long and so lose the control of the backswing and therefore decelerate at impact with fluctuating results.

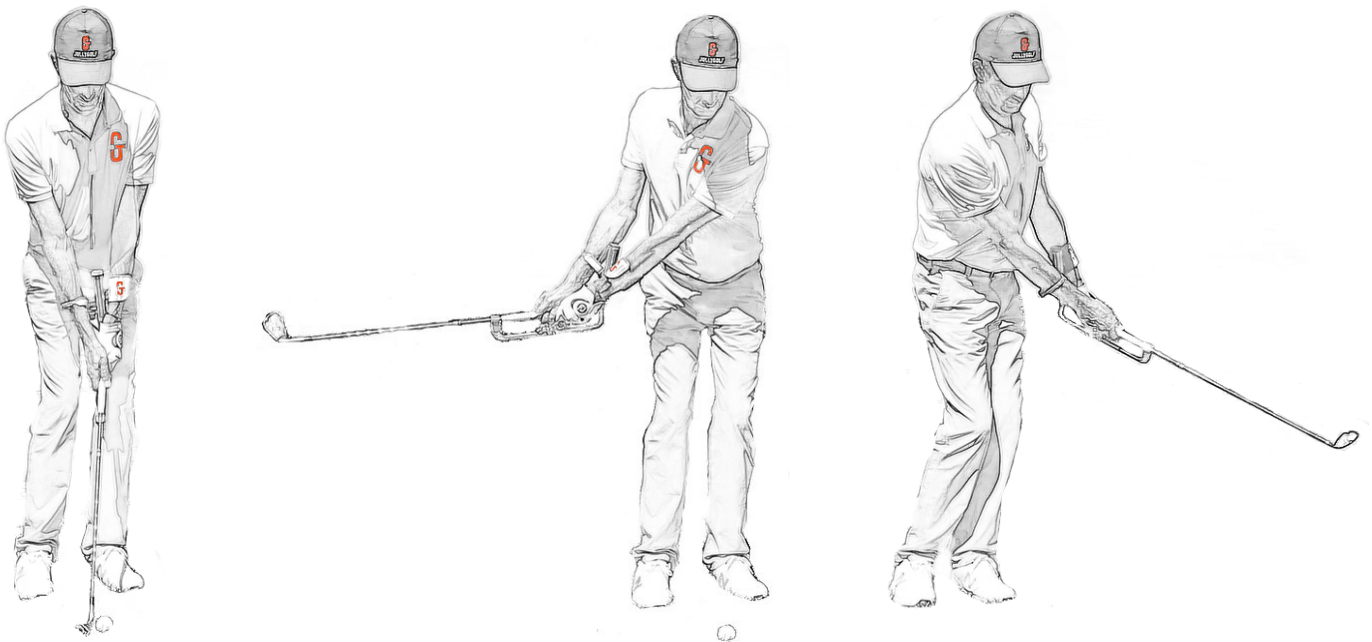


FIG.11

# HIGH FLIGHT - *Lob shot*

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## *CHARACTERISTIC:*

It certainly is the flight that players love most, the most sensational and probably the most gratifying (if successfully played). It requires that the two earlier ones are acquired at perfection. In this case, in the two way race the clubhead is much more active than usual and you should have the feeling that it arrives earlier than your hands. It's an action requiring a lot of balance and confidence especially when the lie of the ball is not the easiest. It should be the stroke to practice after acquiring correctly the technique of the low and medium flights. (FIG.12)

*CLUBS:* 58°, 56°, 54°, 52°, 50°

## *FUNDAMENTALS TO BE CHECKED:*

*GRIP:* neutral, hands falling below the breastbone line, relaxed and lower than usual, with one angle more accentuated between hands and clubs.

*ALIGNEMENT:* slightly to the left of the target with all the lines of the body, clubhead slightly opened to slide the flange of the club.

*STANCE:* slightly wider, weight equally distributed on each foot.

*POSTURE:* legs more bent to have a lower center of gravity, back more erect and arms relaxed and close to the body.

*TECHNIQUE:* It's a stroke that seduces but at the same time can be mortifying. It requires much control on the width of the backswing, arms and hands relaxed, a good awareness of the weight of the club. We can certainly say that in this case the keyword is: to exploit gravity force! That is the great ally of the strokes around the green. In order to do it, each aspect of the G.A.S.P. should be minutely looked for and refined during every session.



FIG. 12

# USEFUL SUGGESSTIONS FOR THE PRACTICE:

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1. Decide before the training which stroke you want to practice.
2. Checking of the G.A.S.P.
3. Safeguard your session, handle to the best the 10/20 minutes at your disposal, calmly, at your own pace, reflect, take your time.
4. Be honest, consider if it is worth asking a pro for help.
5. In order to get results, repeat the session at least ten times and give yourself some time to obtain feedbacks.
6. Alternate the strokes with and without JollyGolf (ex. five with, five without, etc.).
7. Remember that there are two kinds of work, one of mechanic and one of performance (the effectiveness of the performance). At the beginning don't do them together.
8. If you are not as comfortable as customarily or you are outside your comfort zone, **it means you are starting to learn!**

# SHORT GAME TRAINING

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## **Session No.1 (10/20 Mins) Use: Pw / 9 Iron**

Goal : Low flight, how to manage energy and improve direction

Area short game , green with two slopes , up and down. 10/15 yards.

You define the distance by placing tees every 2 yards. Adopting the GASP for the low flight you practice trying to put the ball as close as possible to each of the tees. Perform a series of uphill shots and then proceed with downhill shots. As a guide, if you are within the recommended distance you should have about 6/7 tees in the practice area. Try to get the ball at least one shaft away from the tee. If you can do this in 50% of the cases, you are on the right track!

Changing the slope accelerates the ability to feel the depth of the strokes and roll.

## **Session No.2 (10/20 Mins) Use: 52°/Pw**

Goal : Mid flight, how to manage energy and improve direction

Area Short game 15/20 yards. You define the distance by placing tees every 2 yards. Adopting the GASP for the mid flight you practice trying to put the ball as close as possible to each of the tees. Perform a series of uphill shots and then proceed with downhill shots. As a guide, if you are within the recommended distance you should have about 6/7 tees in the practice area. Try to get the ball at least one shaft away from the tee. If you can do this in 50% of the cases, you are on the right track!

## **Session No.3 (20/30 Mins) Use: 56°/58°/ 60 °**

Goal : High flight, control, parabola height

Area Short game, look for an obstacle to overcome that is between you and the green, possibly a bunker. Use the covers of the clubs and put them on the green at different distances (10/15 yards). Once you find an area where the grass is shaved, make shots at the various covers avoiding to shoot always at the same one. Ideally if you can put 30/40 % of the shots at a distance of 2 shafts from the hole, you start to have a very good standard.

Try to fix the GASP references before each shot.



# SHORT GAME TRAINING

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## **Session No.4 (10/20 Mins) Use: Pw/52°**

Goal: to adapt to the three GASPs to make the various gestures natural, the exercise promotes the automatism

Short Game Area: create three situations that allow you to execute the three parabolas, the Target is always the same. You should be about 15/20 yards from the target. Play a different swing each time, for low, medium, high flight. Try to put as many balls as possible within the distance of two shafts.

## **Session 5 (10/20 mins) Use: PW/52°**

Goal: to refine the sensitivity and acquire a very high level of security

The exercise represents the achievement of a new skill, a certain stability in the gesture, and a good confidence acquired. Short game area : 5/10/15 yards. Pull each time at a different distance with your eyes closed. Objective: High flight, manage the height of the parabola and improve confidence in facing obstacles.

# PUTTING TRAINING

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## **Session n.1 (10/20mins)**

Goal: long putts and energy control.

*True cause of the 3 putts.*

Plant a tee on the green, count 10 steps and plant another one. Use 3 balls and proceed in this exercise whose goal is to put 3 balls consecutively within the distance of a shaft from the tee.

Go from one tee to another, possibly choose a slight slope for more variables. If you succeed easily and want to test your feeling, try to put three balls consecutively within one grip distance. A parameter that elite players use as a reference. Do not leave the green until you have reached at least 5 times the target of the 3 balls within the distance of the shaft.

## **Session No.2 (10/20 Mins)**

Goal: improve swing width management and club face control.

Place a tee within 3 shafts of the hole. Use only the right hand, left hand if you are left-handed. Always use JollyGolf and help yourself with a training stick.

Try to hit and give it enough energy to get over the hole. The use of the dominant arm will help you understand your best pace and amplitude.

A good standard is to be able to crash at least 3 out of 10 balls.

## **Session No.3 (10/20 Mins)**

Goal: GASP check every shot to create the right habits.

*Very high mental part and focus.*

Distance 3 feet from the hole, use the alignment sticks and carefully evaluate the slopes. The green should be flat enough. We are in the most delicate distance in some ways, to which many of us are sensitive. With every shot you check all the parameters very carefully, and you do this to try to get the ball into the hole as much as possible. 10 consecutive putts are the target.

Of course, the more consecutive series you reach the better your skill will be.

# PUTTING TRAINING

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## **Session No.4 (10/20 Mins)**

Goal : Tension control and roll evaluation.

*We are in neuroscience!*

Distance 10/15/20 feet. Use tees as a reference and practice with 3 balls. Practice always looking at the hole, after following the usual routine, take your eyes to the target, look at the roll of your shot, if you see a roll, irregular and the ball makes small jumps, try to remove tension from your hands and soften your shoulders.

## **Session n. 5 (10/20 Mins)**

Goal : Circuit to assess your competitiveness

Use a ball and create a 9-hole circuit on the green.

3 easy holes (< 5 feet)

3 medium holes (< 10 feet)

3 difficult holes (< 20 feet)

The exercise can be particularly stimulating, if you take 18 shots in the first round, you are on the right track. You should do the circuit at least 3 times, but improve your score by at least one shot per round.

Ex. First round 18 putts, second round 17, third round 16.

It's a fantastic challenge with yourself that forces you to never give up your attention.

## **Session No. 6 (10/20 Mins)**

Goal: to improve the quality of the impact.

Distance of your choice, from 10 feet upwards, use n.3 balls.

Do three slightly different executions, towards the same hole.

The first one looking at the hole and not at the ball after you have addressed it. The second with eyes closed. The third in the usual way. You will have very different feelings, but if you manage to have similar results in terms of distance it means that your skills are evolving.

# JOLLYGOLF TRAINING AID

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We too, like many others, have practiced the short game randomly and as needed for years, but without a structured path. We even used information offered to us by better golfing friends, or simply asked the coaches around us for help, and had very fluctuating and inefficient results.

**Out of curiosity and a desire to understand, we went further.**

We consulted many experts.

We tried to understand the newer biomechanical concepts.

We explored the latest methods.

In the end, we arrived at a result that was both satisfying and intriguing: the design of a tool (FIG.14) that reflected the synthesis of what we had learned.

This tool was so enthusiastically received by golf professionals that they convinced us to build it for the benefit of all those who suffer around the green!

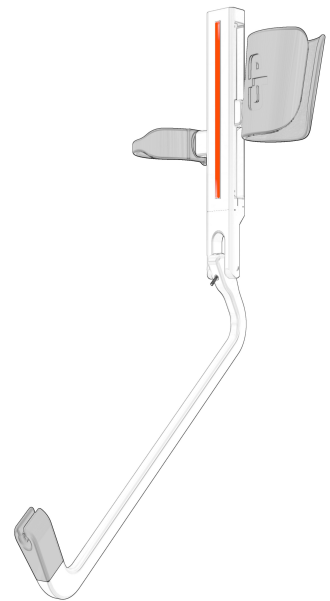


FIG.14

## WHAT EXACTLY IS JOLLYGOLF TRAINING AID?

*Combining technique, effective training, managing feedback during practice, while elevating the quality of performance, is the real challenge for the player.*

JollyGolf is a valuable guide leading you to understand how to use shoulders, arms, wrists, hands (FIG.15) in the best way during the execution of the most delicate swings.

**Above all, it trains you in the proper use of the stroke sequence.**

Simplicity of use has been an important goal from the beginning, coupled with a range of combinations that adapt the tool to the physical characteristics of each.

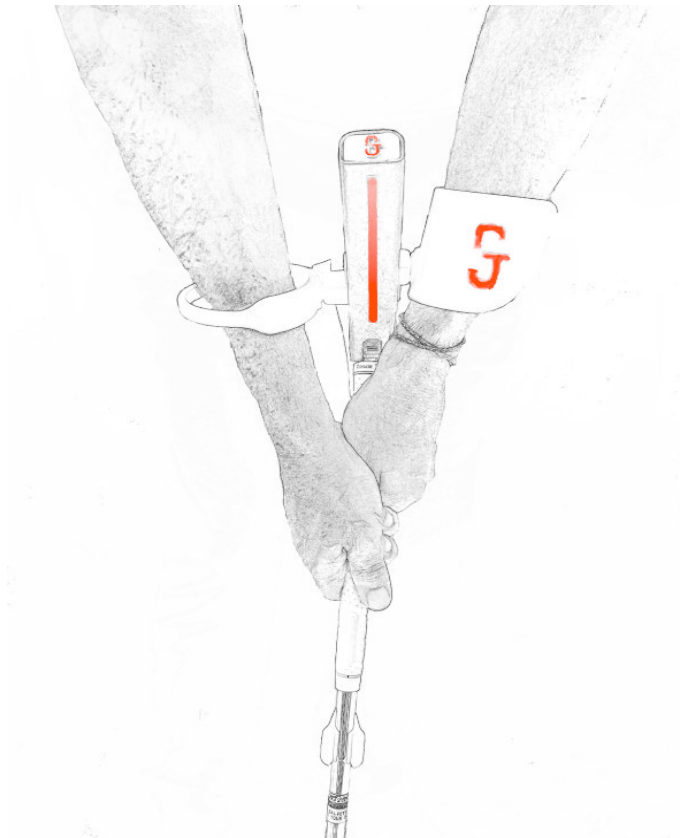


FIG.15

It has such a shape as to allow the creation of a **correct relation between your hands and the clubface** (FIG.16) and above all a correct feeling sensation from a technical point of view since the first attempts.



FIG.16

### **WHY USE A TOOL AS JOLLYGOLF TRAINING AID?**

One of the main difficulties of the short game lies in the endless possibilities to make too many unnecessarily little movements. **Low speed, which you will be using, make the quality of the impact very different at the expense of accuracy.** You need a lot of attention to details and to routines we usually neglect to be able to be efficient in this area.

**With JollyGolf we bring forth a definitive path to follow with attention centered on three aspects, three fundamental pillars of the short game.**

# JOLLYGOLF CHARACTERISTICS

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In the project phase major focus has been placed on different aspects:

- *Reliability of the components, durable materials, design.*
- *The intuitive use and easy versatility towards the physical characteristics of each person.*
- *References on the tool thanks to colour and lines*
- *Light weight, which helps the execution.*
- *Easy and fast way to change the chosen club.*
- *Dimensions to allow transportation inside the golf bag at any time (FIG.17)*

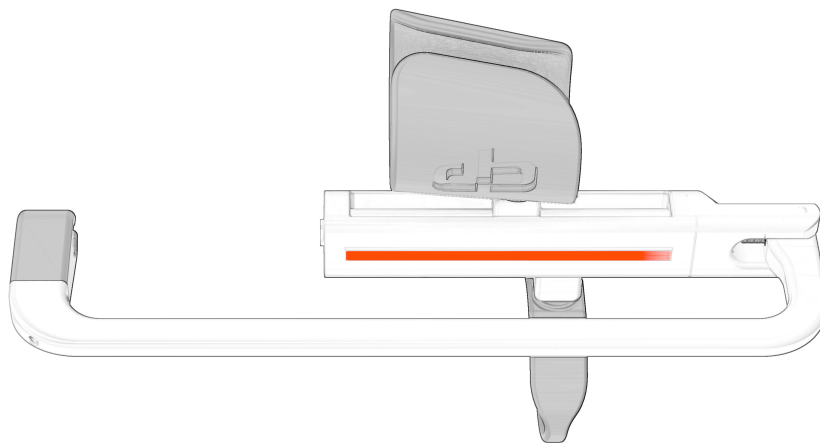


FIG.17

WE REALLY THANK YOU FOR READING THE MANUAL AND HOPE THAT IT WILL BE AS HELPFUL TO YOU AS IT HAS BEEN TO US. IF YOU LIKED IT WE ASK YOU TO SHARE IT WITH YOUR FRIENDS, YOU WOULD HELP US A LOT TO SPREAD A MANUAL AND A USEFUL TOOL DEVELOPED AFTER YEARS OF RESEARCH.

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