

Title:

It's About Time You Enjoyed a Consistent Bowling Game

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433

Summary:

Along with golf, bowling is one of the more popular recreational sports a person of any age can

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Article Body:

Along with golf, bowling is one of the more popular recreational sports a person of any age can

But that is not to say that a recreational bowler should simply settle for mediocre results. I

Attitude Being able to bowl consistently is challenging, but not impossible for the average bowler.

A little help Even if you have no intentions of bowling professionally, getting a coach to help

Practice - even outside the lanes! The recommended practice time for a recreational bowler is

At the lanes, practice with a schedule. Start with some warm up exercises to avoid injury. The

Even when you're not in the lanes, you can still practice your approach and swing. Try this in

All it takes is a positive attitude coupled with disciplined practice to improve. The fun does

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