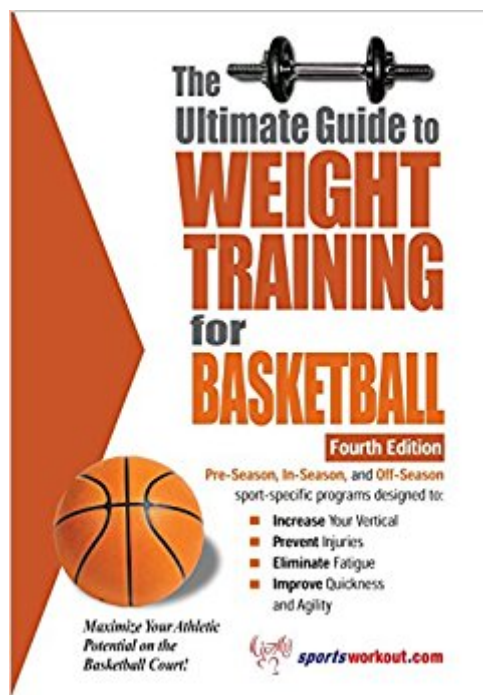




The book was found

The Ultimate Guide To Weight Training For Basketball (Ultimate Guide To Weight Training: Basketball)



Synopsis

The Ultimate Guide to Weight Training for Basketball is the most comprehensive and up-to-date basketball-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round basketball-specific weight-training programs guaranteed to improve your performance and get you results. No other basketball book to date has been so well designed, so easy to use, and so committed to weight training. This book will have players increasing strength, power, agility, and overall quickness on the court, leading to an increase in rebounds, steals, blocked shots, and overall defensive efficiency. You will build the strength and power needed to dominate the post and under the basket and you will build the stamina and endurance needed to go strong until the final whistle. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

Book Information

Series: Ultimate Guide to Weight Training: Basketball

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Best Sellers Rank: #571,408 in Books (See Top 100 in Books) #129 in [Books > Sports & Outdoors > Basketball > Coaching](#) #570 in [Books > Health, Fitness & Dieting > Men's Health](#) #640 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#)

Customer Reviews

Hi, my name is Vincent and i play basketball in high school. I am small and because of your program and get more power and i am more stronger. That make me a complete and better player. I can go strong to the hoop and get the basket plus the foul and get more rebound even i am small. Thanks a lot for your marvelous book. --Vincent B

The ultimate guide to weight training for basketball

has helped my performance substantially. I can now jump 2 inches higher and I am stronger. I am going out for the high school team this fall and I hope to make it. Thank-You --Lucas CYour book is terrific! The book has helped our entire athletic program rise to the tops in the state. It also personally helped my son go from scrawny freshman to the starting power forward on his basketball team. I am the high school athletic director at a 1A school and in large part thanks to your book, we won the 1A state basketball championship in three out of the last four years and lost in the finals the year we didn't win it. Thanks so much! --Tom G

Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin. He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world, including the USA Today and Muscle & Performance magazine, for his sports-training expertise. Rob is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's e-Training service. In addition to being an internationally recognized fitness expert, Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars.

very good information for basketball coach who is doesn't have personal training experience

Good basic book.

This book is great and I love to give to some of the other personal trainer, I work with at the gym.

She is deep into playing basketball. She reads anything that has to do with basketball and she thanked me for this thoughtful gift.

Great!

This book is a must have for High school coaches who want to develop strong and agile athletes in their program.

If You're looking for a book that specifically focuses on weight training for basketball, you'll be better served by some other books out there. Aside from teh foreword and initial introduction, This seems

more like any other weight training book than anything specifically basketball related. Try "Complete Conditioning for Basketball" instead.Â Â Complete Conditioning For Basketball (DVD/Paperback Book)

I was looking for something basic and essential to inspire my attempt to improve my son's basketball skills during the upcoming off season period in order to prepare for next season challenges in a scientific and orderly manner

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