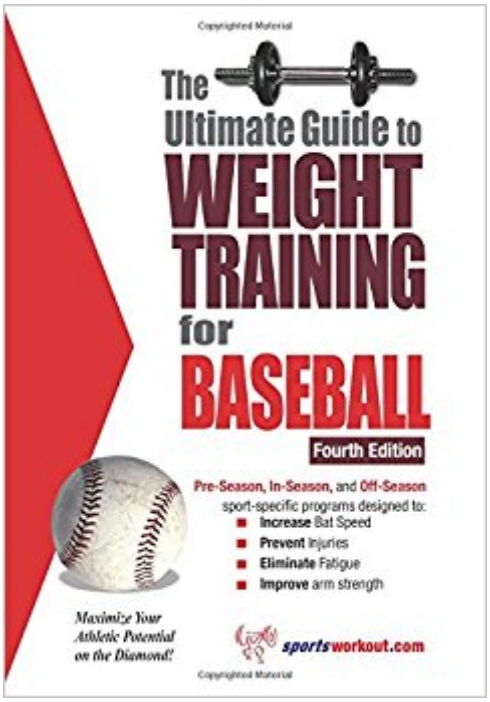
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Ultimate Guide To Weight Training For Baseball



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Synopsis

The Ultimate Guide to Weight Training for Baseball is the most comprehensive and up-to-date baseball-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 baseball-specific weight-training programs guaranteed to improve your performance and get you results. No other baseball book to date has been so well designed, so easy to use, and so committed to weight training. This book will have players increasing arm strength, bat speed, and overall quickness and power on the diamond, leading to an increase in batting average, on-base percentage, steals, and overall performance. You will build the strength and power needed to hit the ball out of the park and you will build the stamina and endurance needed to go strong until the final pitch. 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: Baseball

Paperback: 176 pages

Publisher: Price World Publishing; 4 Rev Exp edition (April 1, 2006)

Language: English

ISBN-10: 1932549455

ISBN-13: 978-1932549454

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 4 customer reviews

Best Sellers Rank: #731,868 in Books (See Top 100 in Books) #47 inÃ Â Books > Sports & Outdoors > Softball #128 inÃ Â Books > Sports & Outdoors > Coaching > Baseball #782 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

Customer Reviews

Your book has helped me out exponentially by giving me a baseball specific training program that focuses on baseball related muscle groups. Working out is good but working out with a program like this has already made huge improvements in things that can help me in my game. The book also gives me motivation and because of that I haven’t missed a workout since I started 6 weeks ago. I

liked your book so much I recommended it to my high school coach and now he uses it for the whole team. Thanks SportsWorkout! --Kris S, District Champions, Runner Up, All DistrictMy son has used The Ultimate Guide to Weight Training for Baseball for a few months now and he has gained considerable strength and flexibility. As a result, he was able to dramatically improve his arm strength for baseball pitching. I recommend your book to all. --Geoff GMy son has used The Ultimate Guide to Weight Training for Baseball for a few months now and he has gained considerable strength and flexibility. As a result, he was able to dramatically improve his arm strength for baseball pitching. I recommend your book to all. --Geoff 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.Ã Â 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.Ã Â 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 informative easy to follow book.

Husband purchased this book a few years ago and still uses it to assist our sons with their weight training to help prepare them for baseball.

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

Information and exercises are very basic, nothing new....All info in this book can be found on-line at different web sites...

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