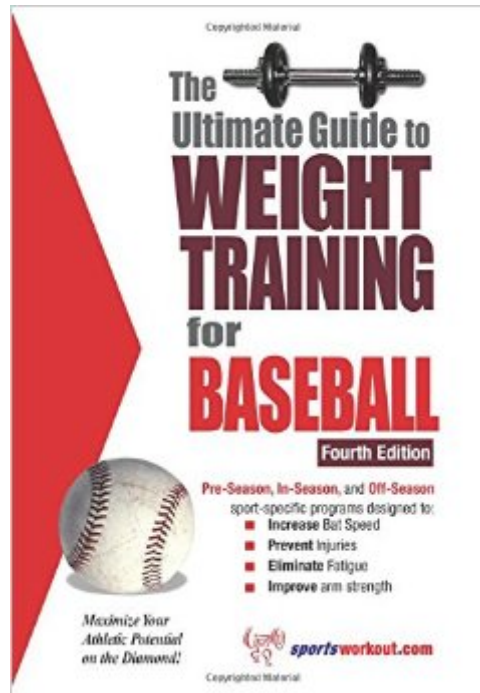


The book was found

Ultimate Guide To Weight Training For Baseball



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

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Customer Reviews

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

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.

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