



Ultimate Guide to Weight Training for Volleyball (2nd Revised edition)

By Rob Price

Price World Enterprises. Paperback. Book Condition: new. BRAND NEW, Ultimate Guide to Weight Training for Volleyball (2nd Revised edition), Rob Price, This is the most comprehensive and up-to-date volleyball-specific training guide in the world today. It contains descriptions and photographs of over 80 of the most effective weight training, flexibility, and abdominal exercises used by athletes world-wide. This book features yearround volleyball-specific weight-training programs guaranteed to improve your performance and get you results. No other volleyball book to date has been so well designed, so easy to use, and so committed to weight training. This book takes you from the off-season to the in-season, and is loaded with dozens of tips and pointers to help you maximise your training and improve your performance. Both beginners and advanced athletes and weight trainers can follow this book and utilise 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!.



Reviews

Comprehensive information for book lovers. This is for all who statte that there had not been a worth studying. Its been printed in an remarkably simple way which is simply following i finished reading through this pdf where actually modified me, change the way i think.

-- Rebekah Smith

The book is fantastic and great. I have got read through and i am confident that i will planning to read yet again once again in the foreseeable future. I found out this book from my dad and i recommended this publication to discover.

-- Prof. Nicole Zieme

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