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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 worldwide. This book features year-round 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!.



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