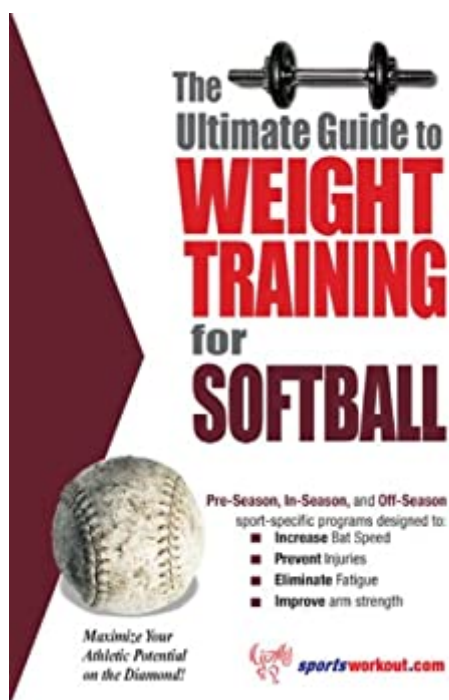


The book was found

The Ultimate Guide To Weight Training For Softball



Synopsis

The Ultimate Guide to Weight Training for Softball is the most comprehensive and up-to-date softball-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 softball-specific weight-training programs guaranteed to improve your performance and get you results. No other softball 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

File Size: 15876 KB

Print Length: 176 pages

Publisher: Price World Publishing (April 1, 2011)

Publication Date: April 1, 2011

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B004H1U3E6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #856,795 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #47

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Softball #100 in Books > Sports &

Outdoors > Softball #679 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

Exercise & Fitness > Weight Training

Customer Reviews

The ultimate guide to Weight Training for Softball is the perfect comprehensive training aid for softball players. The book explains the basic exercises for training the vital muscles used to play softball. I have played ASA sanctioned softball in Texas for 20+ plus years, until I recently experienced a serious ACL/MCL injury. I thought my competitive softball days had passed, until I found this book on . The rehabbing of my right knee area was a long slow haul, but was part of the recovering process. I then found this book that I utilized as a tool for retraining those muscles that had become weak during my rehabilitation time.

Let's face it, I'm a soft lump right now and 10 weeks away I start my 3rd season of softball (co-ed work league). Last year I was fat, slow, had a mediocre to poor season AND pulled a hammy during play offs. Since then I gained 10 lbs. So I looked around the net for some tips to get in back shape for my July season. Found this great book and am loving it. It has the much needed off season and pre season programs as well as in-season. The part I like the most is it gives substitution exercises in case you can't do what they recommend (like dips for me). Has all the good tips for proper technique, changing things up and how to train best specifically the muscles for playing softball. I see this book being great for people in serious leagues to beer drinking big guys like myself who are looking to get back to our 25 year old shape (10 years ago) and show some of the guys I'm not just a funny benchwarmer this year. Very happy with this purchase.

great book came in as ordered

Good description!!

I use this book daily as part of my workout routine. I like how it stresses the importance of stretching and following the workout outlined in the book.

Should have been a free pamphlet. Full of design and content errors - should have stopped reading at the first dozen typos.

This is an excellent coaching tool for all those coaches who are involved in coaching softball. It takes the guess work out on what lifts girls should be making to improve in skill areas.

The book was excellent for use in conditioning. I would recommend it for other softball coaches that needs some tips or ideas.

[Download to continue reading...](#)

The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Bluebook 60 - Fastpitch Softball Rules - 2017: The Ultimate Guide to (NCAA - NFHS - USA Softball / ASA - USSSA) Fast Pitch Softball Rules Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Softball Fielding Drills: easy guide to perfect your softball fielding today! (Fastpitch Softball Drills) Softball Hitting Drills: easy guide to perfect your softball hitting today! (Fastpitch Softball Drills) The Complete Book Of Softball Drills: easy guide to perfect your softball drills today! (Fastpitch Softball Drills) Softball Catchers Drills: easy guide to perfect your softball catching today! (Fastpitch Softball Drills) Softball Pitching Drills: Great Pitching Drills for Fastpitch Softball (Fastpitch Softball Drills) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse) The Ultimate Guide To Weight Training For Volleyball (Ultimate Guide to Weight Training: Volleyball) The Ultimate Guide to Weight Training for Basketball (Ultimate Guide to Weight Training: Basketball) The Ultimate Guide to Weight Training for Tennis (Ultimate Guide to Weight Training: Tennis) Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey) Ultimate Guide to Weight Training for Bowling (Ultimate Guide to Weight Training: Bowling) The Ultimate Guide to Weight Training for Roller Hockey (The Ultimate Guide to Weight Training for Sports, 19) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)