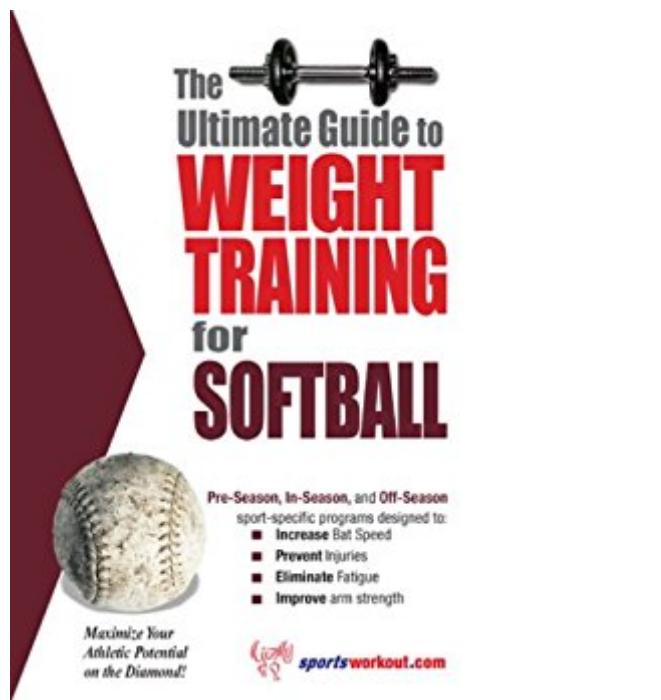


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# The Ultimate Guide To Weight Training For Softball



## **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**

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## 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 became 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, chaging things up and how to train best specificaly 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 without 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.

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