



## Ultimate Guide to Weight Training for Baseball and Softball

By Robert G. Price

Price World Enterprises. Paperback. Book Condition: new. BRAND NEW, Ultimate Guide to Weight Training for Baseball and Softball, Robert G. Price, This is an absolute must-have for any coach, trainer, or competitive baseball or softball player serious about taking his or her abilities to the next level. With In-season, Off-season, and Preseason weight training programs designed specifically for baseball and softball, you can train properly year round. This brand new edition also includes over 50 four week bonus training programs. Thousands of baseball and softball players from high school to the pros are already following these same programs and are maximising their abilities. By doing exercises designed to train your baseball-specific muscles, you will strengthen your throwing arm, increase your bat speed and power, increase speed, quickness, and agility, and prevent injuries.



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