



Ultimate Guide to Weight Training for Field Hockey

By Robert G. Price

Price World Enterprises. Paperback. Book Condition: new. BRAND NEW, Ultimate Guide to Weight Training for Field Hockey, Robert G. Price, This is the most comprehensive and up-to-date field hockey-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 year-round field hockey-specific weight-training programs guaranteed to improve your performance and get you results. No other field hockey book to date has been so well designed, so easy to use, and so committed to weight training. This book will have players increasing speed, strength, agility, and stamina resulting in improved scoops, flicks, and hits. By following this program you will improve your game considerably and will have the endurance to go strong all the way until the final whistle. 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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