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Rob Price



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record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sportstraining expertise Rob is a contributing author to Golf Fitness Magazine Swimmer s World Magazine US Bowler Magazine and OnFitness magazine and is the founder and head trainer of SportsWorkout com s eTraining service In addition to being an internationally recognized fitness expert Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars

The Ultimate Guide to Weight Training for Roller Hockey Rob Price,2014-05-14 The Ultimate Guide to Weight Training for Roller Hockey is the most comprehensive and up to date roller hockey specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round roller hockey specific weight training programs guaranteed to improve your performance and get you results No other roller hockey 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 maximize your training and improve your performance 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 Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sports training expertise Rob is a contributing author to Golf Fitness Magazine Swimmer s World Magazine US Bowler Magazine and OnFitness magazine and is the founder and head trainer of SportsWorkout com s e Training service In addition to being an internationally recognized fitness expert Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars

Weight Training for Hockey Dr. Denis Boucher,2014-01-01 Weight Training for Hockey is the most comprehensive and up to date hockey specific training guide in the world today Based on hundreds of on ice tests performed on professional hockey players from North America and Europe this book contains descriptions and photographs of the most effective weight training flexibility and abdominal exercises used by hockey players worldwide Inside you fill find year round hockey specific programs that will improve your performance and get you results No other 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 power agility and stamina while reducing chances of injury Both beginners and advanced hockey players and weight trainers can follow this book and utilize its programs From recreational to professional hockey players all over the world are already benefiting from this book s techniques and now you can too

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Ultimate Guide to Weight Training for Skiing Rob Price,2014-05-14 This is the most comprehensive skiing specific training guide in the world today It contains descriptions and photographs of the most effective weight training flexibility and abdominal exercises used by athletes world wide It is a year round training programme guaranteed to improve performance and get results **The Ultimate Guide to Weight Training for Basketball** Rob Price,2014-05-14 The Ultimate Guide to

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photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round football specific weight training programs guaranteed to improve your performance and get you results No other Football book to date has been so well designed so easy to use and so committed to weight training This book will have players of all positions and skill levels increasing strength agility and power dramatically resulting in more touchdowns crisper and harder tackles and the flatout domination of opponents all over the field 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

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The Ultimate Guide to Weight Training for Wrestling Rob Price,2014-05-14 The Ultimate Guide to Weight Training for Wrestling is the most comprehensive and up to date wrestling specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round wrestling specific weight training programs guaranteed to improve your performance and get you results No other wrestling book to date has been so well designed so easy to use and so committed to weight training This book was designed for wrestlers of all weight classes and skill levels to increase power quickness flexibility and stamina By following the programs in this book you will be able to maneuver around your opponents effortlessly and pin them more easily You will be able to maintain a high intensity throughout the entire match without ever running out of energy 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

The Ultimate Guide to Weight Training for Cheerleading Rob Price,2014-05-14 Provides year round workout programs designed specifically for cheerleaders to help increase flexibility eliminate fatigue and prevent injuries

The Ultimate Guide to Weight Training for Bowling Rob Price,2014-05-14 The Ultimate Guide to

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The Ultimate Guide to Weight Training for Volleyball Rob Price, 2014-05-14
Containing descriptions and photographs of over 80 of the most effective weight training flexibility and abdominal exercises this is a comprehensive volleyball specific training guide. This book takes you from the off season to the in season and is loaded with tips and pointers to help you maximise your training and improve your performance.

The Ultimate Guide to Weight Training for Baseball Rob Price, 2014-05-14
The Ultimate Guide to Weight Training for Baseball is the most comprehensive and up to date baseball specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide. This book features year round baseball specific weight training programs guaranteed to improve your performance and get you results. No other baseball 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.

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