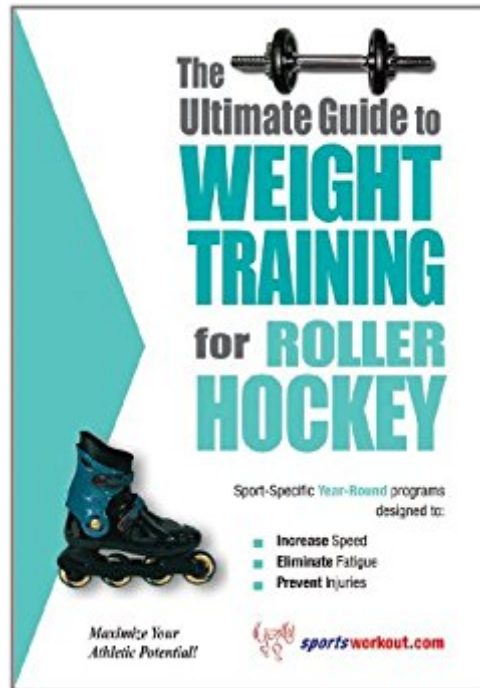


The book was found

# The Ultimate Guide To Weight Training For Roller Hockey



## Synopsis

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 over 80 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! As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20.

## Book Information

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## Customer Reviews

This book was for my sons college class. It was exactly what he needed. It was in perfect condition and shipped quickly before classes begun. THANKS.

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