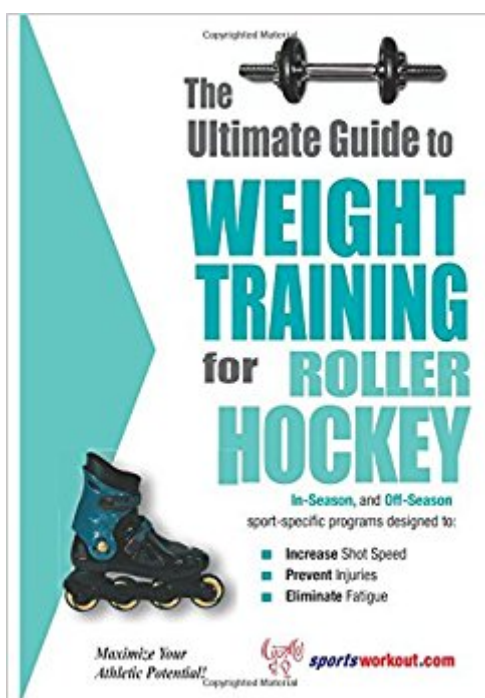


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# The Ultimate Guide To Weight Training For Roller Hockey (The Ultimate Guide To Weight Training For Sports, 19)



## 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 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!

## Book Information

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Average Customer Review: 5.0 out of 5 stars 1 customer review

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## Customer Reviews

After only a couple weeks of using this book I have seen results. As soon as I started, I realized how perfect this book was for me not to mention the free e-charts that came along with it. I love the very detailed descriptions of all the exercises and how it explains how to do every one of them. --Nick S. Your book is terrific! The book has helped our entire athletic program rise to the tops in the state. It also personally helped my son go from scrawny freshman to the starting power forward on his basketball team. I am the high school athletic director at a 1A school and in large part thanks to your

book, we won the 1A state basketball championship in three out of the last four years and lost in the finals the year we didn't win it. Thanks so much! --Tom G. Your book is terrific! The book has helped our entire athletic program rise to the top in the state. It also personally helped my son go from scrawny freshman to the starting power forward on his basketball team. I am the high school athletic director at a 1A school and in large part thanks to your book, we won the 1A state basketball championship in three out of the last four years and lost in the finals the year we didn't win it. Thanks so much! --Tom G.

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 and Muscle & Performance magazine, 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.

This book was for my son's college class. It was exactly what he needed. It was in perfect condition and shipped quickly before classes began. THANKS.

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