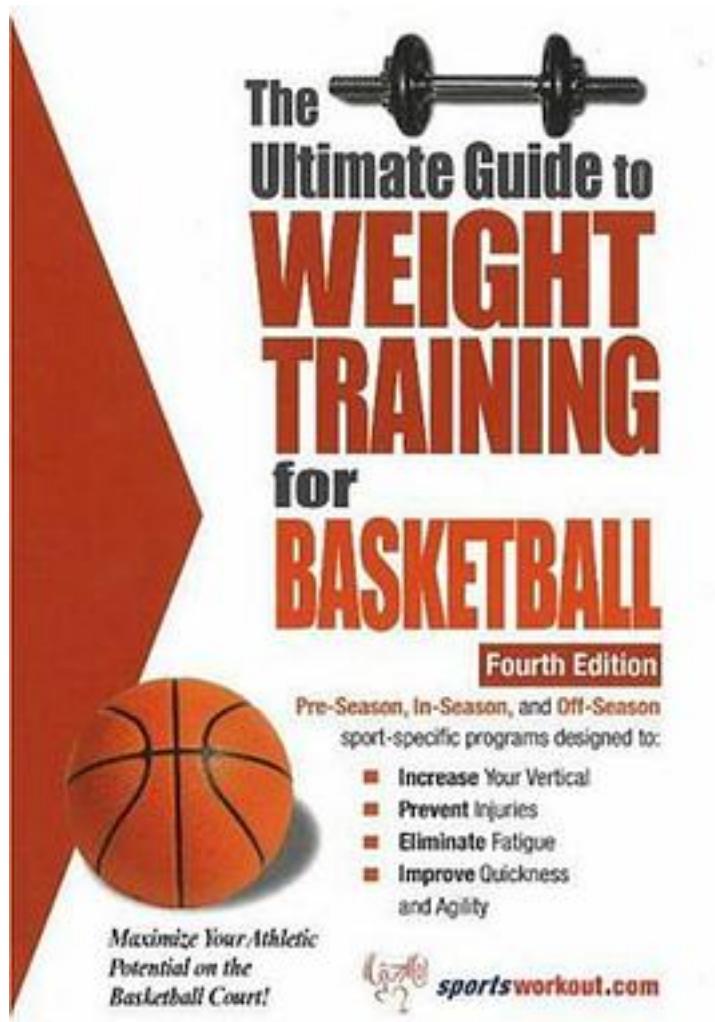


# The Ultimate Guide to Weight Training for Basketball



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The Ultimate Guide to Weight Training for Basketball is the most comprehensive and up-to-date basketball-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 basketball-specific weight-training programs guaranteed to improve your performance and get you results. No other basketball book to date has been so well designed, so easy to use, and so committed to weight training. This book will have players increasing strength, power, agility, and overall quickness on the court, leading to an increase in rebounds, steals, blocked shots, and overall defensive efficiency. You will build the strength and power needed to dominate the post and under the basket and you will build the stamina and endurance needed to go strong until the final whistle. 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.

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