

# Complete Conditioning for Baseball



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This is a comprehensive conditioning and training guide for dedicated baseball players, head coaches and strength and conditioning professionals. As with the other publications in the "Complete Conditioning" series, the book integrates training theories with detailed exercises and drills to provide coaches and athletes the knowledge to create and/or personalise training programmes that correspond to an athlete's individual physical need. The DVD will demonstrate the technical and variable aspects of specific drills, exercises and training programmes depicted within the publication. Icons and call-outs within all of the chapters will advise the reader where supplemental content is available on the accompanying DVD. Included in the book are numerous exercises and drills to enhance speed, quickness, agility, flexibility and strength.

作者介绍:

目录:

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