

Ultimate Guide to Weight Training for Racquetball & Squash



The Ultimate Guide to **WEIGHT TRAINING** for **RACQUETBALL** and **SQUASH**

Second Edition

Sport-Specific Year-Round
programs designed to:

- Increase Speed
- Eliminate Fatigue
- Prevent Injuries

Maximize Your
Athletic Potential!

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This is the most comprehensive and up-to-date racquetball and squash-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 world-wide. This book features year-round racquetball and squash-specific weight-training programs guaranteed to improve your performance and get you results. No other racquetball or squash book to date has been so well designed, so easy to use, and so committed to weight training. This book will have you increasing strength, quickness, agility, and endurance, which will lead to more powerful and precise backhands, forehands, and serves. Following this program will allow you to compete with all of your energy from the opening serve until the final point. Both beginners and advanced athletes and weight trainers can follow this book and utilise 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!

作者介绍:

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