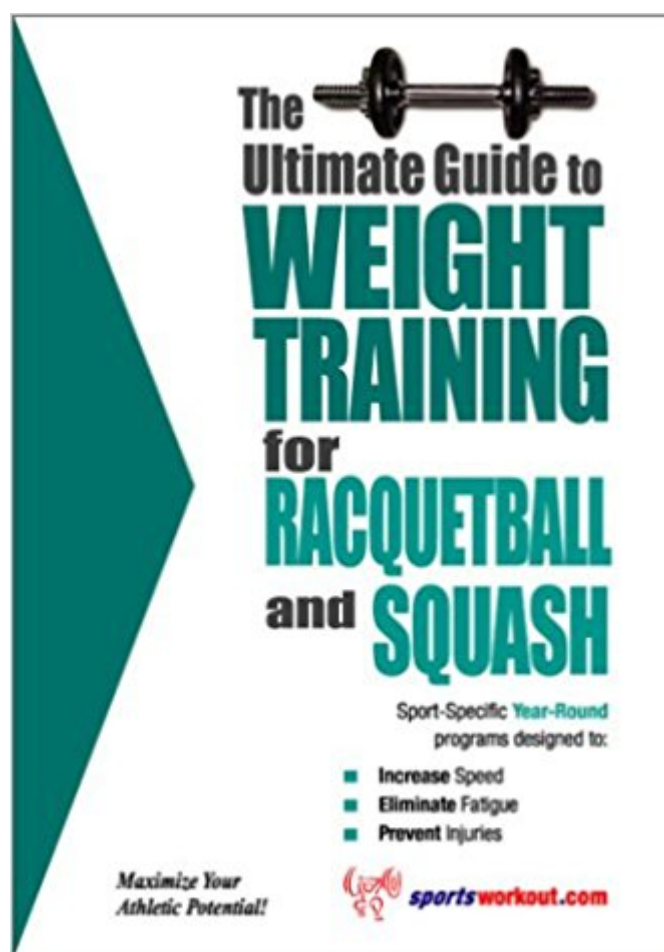


The book was found

# The Ultimate Guide To Weight Training For Racquetball And Squash (The Ultimate Guide To Weight Training For Sports, 18) (The Ultimate Guide To Weight ... ... Guide To Weight Training For Sports, 18)



## Synopsis

The Ultimate Guide to Weight Training for Racquetball and Squash is the most comprehensive and up-to-date racquetball and squash-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 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 the player increasing strength, quickness, agility, and endurance enabling more powerful and precise backhands, forehands, and serves. Following this program will allow you to compete with all your energy until the final shot. 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

Series: The Ultimate Guide to Weight Training for Sports, 18

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Average Customer Review: 3.6 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #5,676,834 in Books (See Top 100 in Books) #67 in [Books > Sports & Outdoors > Racket Sports > Racquetball](#) #85 in [Books > Sports & Outdoors > Racket Sports > Squash](#) #3539 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

## Customer Reviews

This book provides great technical advice to players for off-court conditioning. However, one has to filter through poorly edited Kindle version. This is why I'm giving 4 stars instead of 5.

This guide has everything that you will ever need for improving your racquetball conditioning. Very

satisfied with this purchase.

Did not care for this book. It appeared to contain only 2 pages that pertained to racquetball training, the rest of the content was cut and paste from another book. I found much better training information for free with a Google search.

it was good reading And guides to better training, Gave me a lot of information I really would love to have a D.V.D with the excercises. Good job doneRegardsYasmin

I FOUND THIS BOOK TO BE QUITE INFORMATIVE ESPECIALLY FOR PEOPLE WHO ARE FAIRLY NEW TO RACQUET SPORTS MANY OF THE EXERCISES I HAVE ALREADY USED, BUT, THERE ISNT A LOT OF BOOKS OUT THERE FOR PEOPLE THAT FOCUS ON SQUASH OR RACQUETBALL WHEN IT COMES TO TRAINING AND KEEPING FIT. ITS WORTH A READ, AND, SHOULD HELP YOUR GAME ESPECIALLY IF YOU DONT KNOW WHERE TO START

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