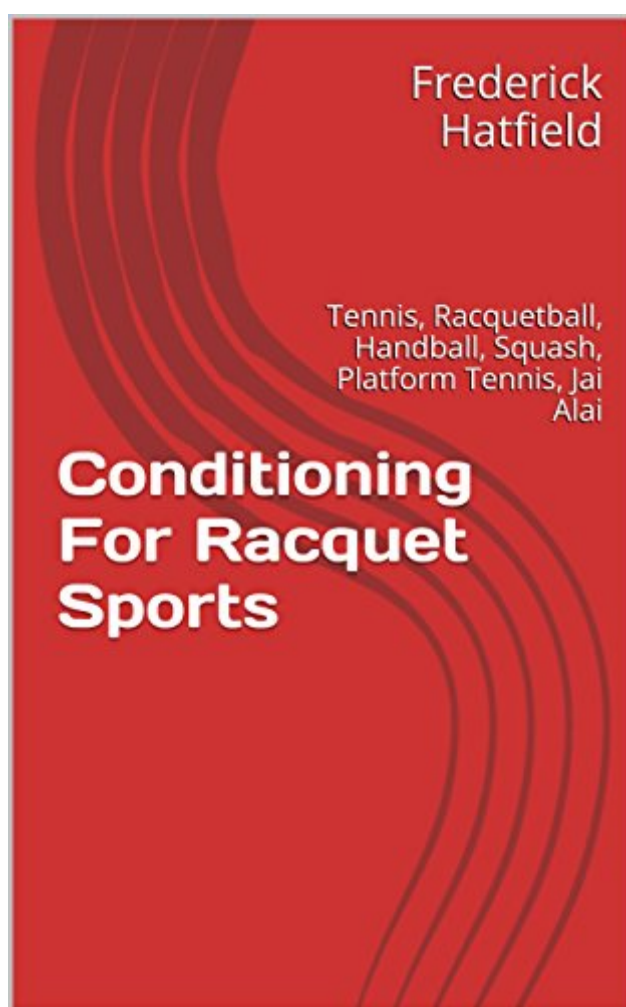


The book was found

Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series)



Synopsis

From Dr. Frederick Hatfield comes this invaluable e-booklet about proper conditioning for all racquet sport athletes. Everything from training, to diet, nutrition and supplements is covered in this information packed book. Frederick C. Hatfield, MSS, PhD, is Co-founder and President of the ISSA. Dr. Hatfield, (aka "Dr. Squat") won the World Championships three times in the sport of powerlifting, and performed a competitive squat with 1014 pounds at a body weight of 255 pounds (more weight than anyone in history had ever lifted in competition). Dr. Hatfield's former positions include an assistant professorship at the University of Wisconsin (Madison) and Senior Vice President and Director of Research and Development for Weider Health and Fitness, Incorporated. Dr. Hatfield was honored by Southern Connecticut State University when they presented him with the 1991 Alumni Citation Award. He has written over 70 books (including several best-sellers) and hundreds of articles in the general areas of sports training, fitness, bodybuilding, and performance nutrition. He has been coach and training consultant for several world-ranked and professional athletes, sports governing bodies and professional teams worldwide. Dr. Hatfield qualified for the 1998 World Championships in Olympic Lifting and competed in the Masters Division.

Book Information

File Size: 601 KB

Print Length: 19 pages

Publication Date: January 18, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00SGEV9ZW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,679,250 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Racquetball #23

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