

# The Ultimate Guide To Weight Training For Badminton - Rob Price

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The Ultimate Guide to Weight Training for Badminton is the most comprehensive and up-to-date badminton-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 worldwide. This book features year-round badminton-specific weight training programs guaranteed to improve your performance and get you results. No other badminton book to date has been so well designed, so easy to use, and so committed to weight training. This book provides you with the exercises needed to improve your putaways and increase racquet speed. It will have you hitting the birdie like never before. By following the programs in this book, you will increase your speed, power, and agility, enhancing your drop, flick, and drive shots until the end of the match. 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!

Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin. He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world, including the USA Today, for his sport training expertise. Rob is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's eTraining service. In addition to being an internationally recognized fitness expert, Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars.

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