

The Ultimate Guide To Weight Training For Cheerleading - Rob Price

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The Ultimate Guide to Weight Training for Cheerleading is the most comprehensive and up to date cheerleading 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 cheerleading specific weight training programs guaranteed to improve your performance and get you results. No other cheerleading book to date has been so well designed, so easy to use, and so committed to weight training. This book will have both male and female cheerleaders increasing strength, stamina, and flexibility while reducing the risk of injuries when performing stunts and routines. 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 sports training expertise. Rob is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and On Fitness 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. Author: Price, Rob Publisher: Price World Publishing Illustration: N Language: ENG Title: The Ultimate Guide to Weight Training for Cheerleading Pages: 00000 (Encrypted EPUB) On Sale: 2007-05-01 SKU-13/ISBN: 9781936910632 Category: Sports & Recreation : Bodybuilding & Weight Training Category: Sports & Recreation : Training

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