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Weight Training On Hammer Guide

Rob Price



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used by athletes worldwide This book features yearround bowlingspecific weighttraining programs guaranteed to improve your performance and get you results No other bowling book to date has been so well designed so easy to use and so committed to weight training This book will have you increasing your average by focusing on the endurance strength and flexibility needed most by bowlers By following this guide you will get more speed on your rolls more pin action and overall higher scores and success on the lanes 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 sportstraining expertise Rob is a contributing author to US Bowler Magazine Golf Fitness Magazine Swimmer s World 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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and recoveries Following the programs in this book will also enhance wrist speed and control reduce the chances of injury and make you an overall better fencer 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 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 sportstraining 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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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 sportstraining expertise. Rob is the featured hockey fitness expert at the Sports Learning Edge which is partnered with NHL.com and is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and OnFitness magazine. Rob is also 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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