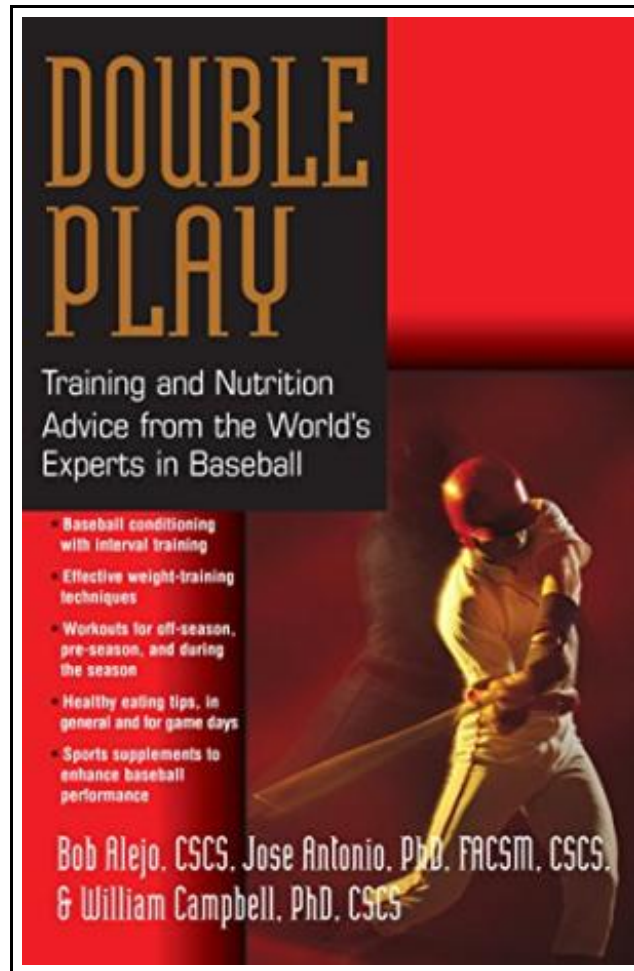


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DOUBLE PLAY: TRAINING AND NUTRITION ADVICE FROM THE WORLDS EXPERTS IN BASEBALL



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Basic Health Publications. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 9.0in. x 5.9in. x 0.5in. In the game of baseball, no swing or throw comes from one muscle-the whole body is generating movement and in turn creates power or speed. So for optimal game performance, the entire body has to be effectively strengthened. The comprehensive training program in this book includes: Interval training for proper conditioning; Drills for increasing baseball speed; Training schedules for off-season, pre-season, and during season; Baseball-specific weight training. Double Play provides healthy eating tips, in general and also for game days, and advice on how athletes can safely gain or lose weight. Sports supplements to enhance baseball performance are discussed, as are restorative measures (whirlpools, massages, rehabilitation). The authors call on athletes (and their coaches) to get away from old-school (and wrong-school) methods of nutrition and training for baseball and embrace the latest scientific advances from the leading experts. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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