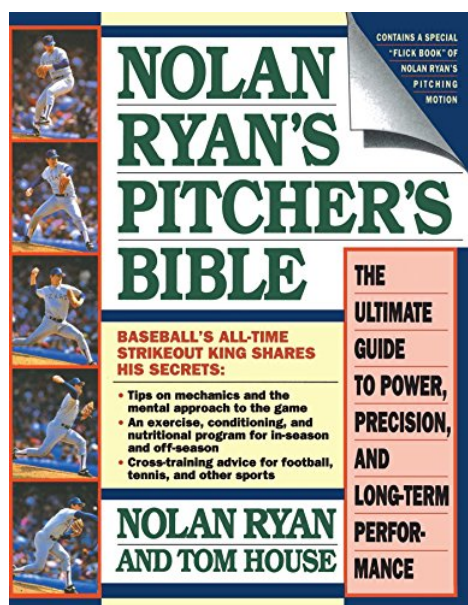


TLJEt [GET] Nolan Ryan's Pitcher's Bible: The Ultimate Guide to Power, Precision, and Long-Term Performance



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How does Nolan Ryan still do it? At forty-three years old, Nolan Ryan is a marvel. He is still blowing his fastballs by hitters at an age when most pitchers have long since retired—or have learned to depend on guile instead of power. But the Ryan express keeps chugging on, getting more unhittable, not less. Nolan Ryan's Pitcher's Bible tells us the secrets of Ryan's success. Drawing on Ryan's practical experience and Tom House's research expertise, it shows how the right combination of exercise and motivation can help a pitcher develop to his greatest potential. Nolan Ryan's Pitcher's Bible includes: -Nolan Ryan's complete fitness program for pitchers—including weight training, aerobic exercise, and diet—based on the latest scientific research and his twenty-four years of experience as a major leaguer. -The most up-to-date methods for preventing arm injuries by establishing proper mechanics, a conditioning base, and throwing work loads. -A timetable for keeping a pitcher in top shape year-round, including specific exercise intervals to meet the individual strength demands of each pitcher's throwing motion, maximum velocity, and maximum weekly number of pitches. -An in-depth presentation of Ryan's pitching strategy—how he prepares himself mentally for a game, an analysis of his pitch selection for different types of hitters, and how he applies his training regimen to improving his effectiveness on the mound. Illustrated with black-and-white photos of Ryan in action, along with photos and line drawings of the recommended exercises, Nolan Ryan's Pitcher's Bible is the ultimate book on pitching, by the ultimate pitcher.

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