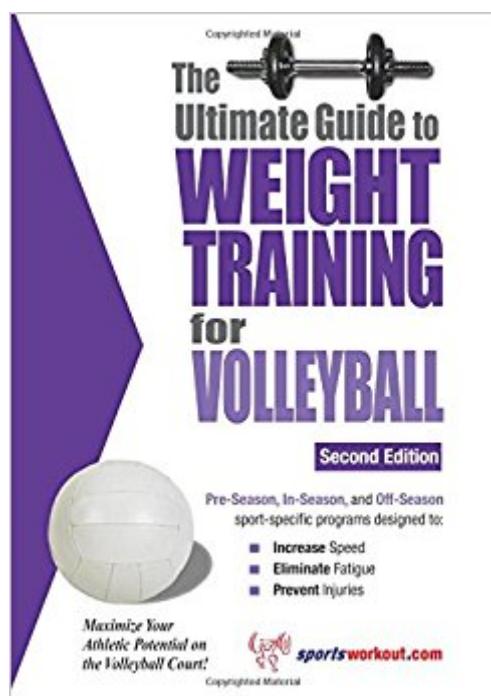


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# The Ultimate Guide To Weight Training For Volleyball (Ultimate Guide To Weight Training: Volleyball)



## **Synopsis**

The Ultimate Guide to Weight Training for Volleyball is the most comprehensive and up-to-date volleyball-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 volleyball-specific weight-training programs guaranteed to improve your performance and get you results. No other volleyball book to date has been so well designed, so easy to use, and so committed to weight training. This book will have you serving with a higher velocity and overall effectiveness. Volleyball players of all skill levels will be able to leap higher, shift quicker, and flat-out play better due to an increase in overall strength and agility. Your spikes, kills, and blocks will all become sharper and more effective and your stamina and endurance will allow you to keep the intensity up until the final point in every 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!

## **Book Information**

Series: Ultimate Guide to Weight Training: Volleyball

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## **Customer Reviews**

I am starting my first year as the head volleyball coach at Lake of the Woods High School in Minnesota. I have been reading "The Ultimate Guide to Weight Training for Volleyball," and it has been a huge help in setting up the weight training schedule I will be using for the girls. The tips, and

techniques have been a great help! Thanks so much for the great book! --Jill O, Head Volleyball Coach and Former Collegiate PlayerThe Ultimate Weight Training guide for volleyball is an awesome book and it has been a great refresher course regarding proper weightlifting techniques and I now have the motivation I've been looking for. I know exactly what to do on what days, how many sets and reps to do, and how much rest time to take between sets. My programs were designed specifically for volleyball players like me and it is showing. Thanks! --Heather R, Former College AthleteI play volleyball and I was determined to make the varsity volleyball team when I began using your book. I did make the Varsity team and I couldn't have done it without your book's help. I feel stronger, happier and less out of breath. I am very satisfied with my results and will keep playing! --Megan WThe Ultimate Weight Training guide for volleyball is an awesome book and it has been a great refresher course regarding proper weightlifting techniques and I now have the motivation I've been looking for. I know exactly what to do on what days, how many sets and reps to do, and how much rest time to take between sets. My programs were designed specifically for volleyball players like me and it is showing. Thanks! --Heather R, Former College AthleteI play volleyball and I was determined to make the varsity volleyball team when I began using your book. I did make the Varsity team and I couldn't have done it without your book's help. I feel stronger, happier and less out of breath. I am very satisfied with my results and will keep playing! --Megan W

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 OnFitness magazine and is the founder and head trainer of SportsWorkout.com's e-Training 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.

This book is completely inferior to any training guide in plyometrics, weight training, agility, etc.I agree with the other comments, this book is more of a pamphlet, written decades ago.The training guides are simple weight training pictures - and the routine has no bearing for volleyball specific athletes.Do not order this book, it may be been effective 30 years ago, but with advancements in plyometrics and weight training studies, is now an inferior product.I am receiving .98 cents back for my return, but at this point it is a moral issue because this book was not helpful.

This book is great and I love to give to some of the other personal trainer, I work with at the gym.

Comes in handy for my off-season training and other workout regimen that I didn't know about.. glad to have added it to my library.

The book was a easy read on the required needs of how to properly coordinate training programs for volleyball athletes.

This is basically a pamphlet and not a book. It looks like it was written in the 1960s and was not helpful at all

I was under the impression this book was strickly a "volleyball weight training" guide, which it is not. I did however enjoy the weight training sections that were quite generic in nature but informative none the less. If you are looking for a generic overview of weight training for sports, this is your book. If you want an intense guide into volleyball specific weight training, look into another series.

This book is straightforward, unlike Complete Conditioning for Volleyball. I know exactly when and how to work out. The off and pre-season programs are very solid. The only thing I wish it had in it is more agility and plyometrics programs.

This weight training guide is full of great drills for volleyball players. Increase your jumping and endurance, and keep training with these programs in the off-season.

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