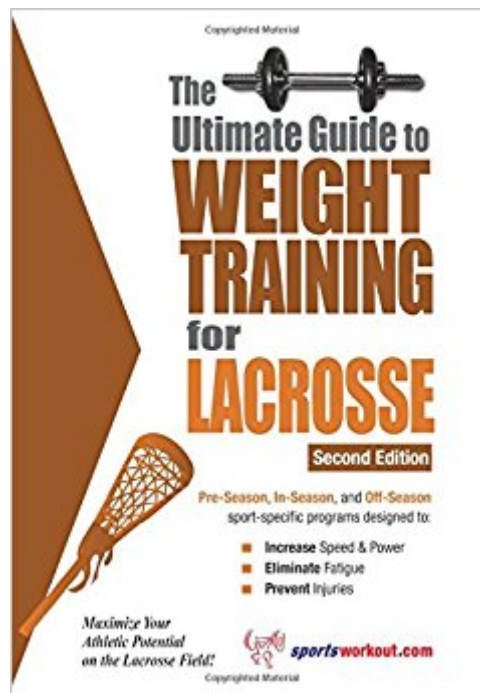




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# Ultimate Guide To Weight Training For Lacrosse (Ultimate Guide To Weight Training: Lacrosse)



## Synopsis

The Ultimate Guide to Weight Training for Lacrosse is the most comprehensive and up-to-date lacrosse-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 lacrosse-specific weight-training programs guaranteed to improve your performance and get you results. No other lacrosse book to date has been so well designed, so easy to use, and so committed to weight training. This book will have players increasing strength, speed, and flexibility resulting in harder checks, more accurate shots, and the ability power past defenders all game long. From the opening face-off you will be able to dominate the game like never before and maintain your intensity until the final whistle. 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: Lacrosse

Paperback: 168 pages

Publisher: Price World Publishing; 2 edition (October 1, 2005)

Language: English

ISBN-10: 1932549420

ISBN-13: 978-1932549423

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars 14 customer reviews

Best Sellers Rank: #556,452 in Books (See Top 100 in Books) #18 in Books > Sports & Outdoors > Other Team Sports > Lacrosse #23 in Books > Sports & Outdoors > Coaching > Hockey #165 in Books > Sports & Outdoors > Hockey

## Customer Reviews

I've been using your Lacrosse book and can't believe how great it is. It really has everything one needs to become a better athlete. I play lacrosse for my high school in Illinois and training plays a huge factor in how well you play. Great book and thanks a lot! --Alex I play women's lacrosse at the University of Colorado, and your Lacrosse-specific book has brought a whole new level to my game. It's helped to keep me focused and on task throughout the entire year, not just in season. Most of

my other workouts were focused on only the two months before the season so afterwards I would get out of shape and have to start rebuilding again before every spring lacrosse year. When I follow the book I can stay keyed into my game throughout the entire school year and even the summer.

--Tracy L, College Lacrosse Player  
I play women's lacrosse at the University of Colorado, and your Lacrosse-specific book has brought a whole new level to my game. It's helped to keep me focused and on task throughout the entire year, not just in season. Most of my other workouts were focused on only the two months before the season so afterwards I would get out of shape and have to start rebuilding again before every spring lacrosse year. When I follow the book I can stay keyed into my game throughout the entire school year and even the summer. --Tracy L, College Lacrosse Player

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 OnFitness magazine, Golf Fitness Magazine, and Swimmer's World 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.

I bought this book for my 16 year old son. Read reviews but decided to go ahead anyway. What I didn't realize was that it assumes that you have access to nautilus equipment. I don't know why but I assumed it was "weight training" so it was using free weights. Oops. He's modified some exercises but it really is pretty basic information anyway. I would only recommend it if you REALLY have no idea which muscle groups you need to strengthen to play lacrosse.

I am a physical therapist with a lacrosse-obsessed son. I bought this book not because I need to know how to strength-train, but because I wanted to know what muscles should be strength-trained to improve lacrosse performance. This book has a lot of information about strength-training in general, and it gives nice specific detailed workouts ('Day 2 do these exercises', etc). But it does not tell me anything that I, as a PT, don't already know. For example, it says that for lacrosse, the upper body muscles that should be strengthened are the chest, back, shoulders, biceps, triceps. Um, yeah. That about covers everything, so - not helpful. To improve running speed it says to do sprints. Again, not so helpful. I would say that the author is pretty well-educated with regards to exercise

physiology. If you're looking for a concise yet thorough book about strength training, with various strategies for when to train and what you could substitute - this is a good book. If you're looking for information about exactly what muscles to train for lacrosse, I feel this book falls short.

I like the way this book is put together. It lays out week by week plans for the off season as well as on season. The author also explains why certain workout techniques are suggested for different times of the year. I've read through and plan to use the routines myself and see if it puts me back in condition to play some over 40 ball. Until then I've reserved the final star.

purchased for my two Lacrosse players. they love it.

Bought this for our son who is an avid lacrosse player. He was looking for guidelines for lacrosse-specific training, and was very pleased with this book.

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

Not the best book for up to date info...especially for girls/women who are into the sport. The advertising would lead you to believe that this book covers all areas, but I found it to be lacking in several areas and definitely missing some key pieces dealing with the female athlete.

This is one of a series of misleading if not downright fraudulent books by the author, who has created a mini-empire of mediocre weight lifting books by churning out book after book on Publishing with titles like;"The Ultimate Guide to Weight Training For \_\_\_\_\_" where the blank is filled in by any sport on earth from badminton to lacrosse to boxing to tennis. None of these books are specific to the sport and offer only generic weight lifting information. Basically, it's a scam. This is a guy who is misleadingly claiming to offer a guide to sport-specific weight training when really it's a generic guide to weight training in general published under a 20 different names. Go to the author's section and you will see what I mean. Very unscrupulous!

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