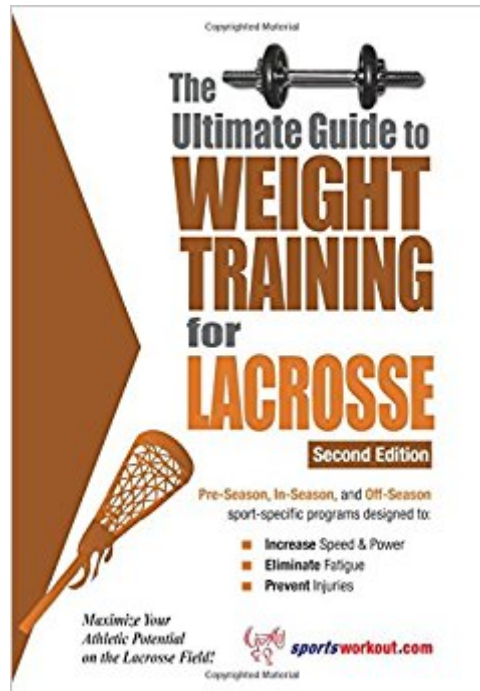


The book was found

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: 3.8 out of 5 starsÂ Â See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #808,168 in Books (See Top 100 in Books) #35 inÂ Books > Sports & Outdoors > Coaching > Hockey #39 inÂ Books > Sports & Outdoors > Other Team Sports > Lacrosse #300 inÂ Books > Sports & Outdoors > Hockey

Customer Reviews

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.

This book gives a detailed explanation of every exercise and has photos that show the correct way to do the exercise.

I found this book to be excellent for the young lacrosse player. It shows the basic techniques and how with repetitions they can increase their strength but at a safe pace.

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 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.

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!

This book is great and is a must read for any lacrosse player. If you want to up your game and get bigger, stronger, and faster this is the book for you! Love this book as it provides great exercises and workout plans.

[Download to continue reading...](#)

Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey) The Ultimate Guide to Weight Training for Field Hockey (The Ultimate Guide to Weight Training for Sports, 11) The Ultimate Guide to Weight Training for Fencing (Ultimate Guide to Weight Training: Fencing) The Ultimate Guide to Weight Training for Badminton (The Ultimate Guide to Weight Training for Sports, 2) The Ultimate Guide to Weight Training for Racquetball & Squash (Ultimate Guide to Weight Training: Racquetball & Squash) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) How to Play Lacrosse: Learn How You Can Quickly & Easily Master Playing Lacrosse The Right Way Even If You're a Beginner, This New & Simple to Follow Guide Teaches You How Without Failing Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers
2016) (Volume 1) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight
- Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss
Nutrition, Diet Plan) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes
For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016,
Recipes)

[Dmca](#)