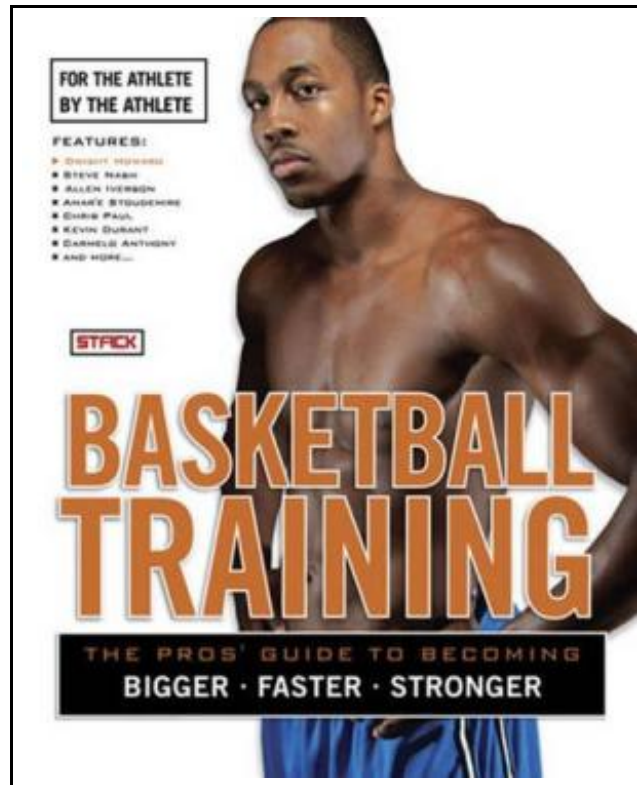


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Triumph Books. Paperback. Book Condition: new. BRAND NEW, Basketball Training: The Pro's Guide to Becoming Bigger, Faster, Stronger, Stack Media, One glance at his near-perfect physique makes it hard to believe that Dwight Howard had his doubters while playing at Southwest Atlanta Christian Academy. Once a scrawny underclassman, the NBA superstar has transformed himself into the NBA's most intimidating, high-flying athlete--thanks to safe and effective training, which both sculpted his muscular frame and boosted his on-court performance to amazing levels. As with other NBA stars, proven training methods formed the foundation of Howard's road to athletic dominance. Access to state-of-the-art training information and guidance from the best strength coaches in the business are what allowed Howard and other NBA greats to realize their dreams and master their athletic destinies. Basketball Training: For the Athlete, By the Athlete provides the same expert information to all hoops players, as well as to other athletes who are serious about reaching their training goals. Having spent the past four years recording hundreds of training sessions by the NBA's best athletes, the editors of Stack have built a library of grueling workouts, training secrets and nutritional tips used by America's professional hardwood greats. This book gives readers an inside look at the best workouts we have encountered, together with instructions and advice from ten of pro basketball's most prolific and well-conditioned players and their coaches. The pros' training methods are compiled into detailed workout programs, with step-by-step exercise descriptions that will improve on-court performance in the safest and most effective ways possible. You'll see actual workouts by Dwight Howard, Steve Nash, Kevin Durant, Allen Iverson, Chris Paul, Jermaine O'Neal, Amare Stoudemire, Chauncey Billups, Carmelo Anthony, and Brandon Roy to improve speed, strength, power, agility, flexibility, and conditioning. In addition, you'll be inspired by the encouraging...



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