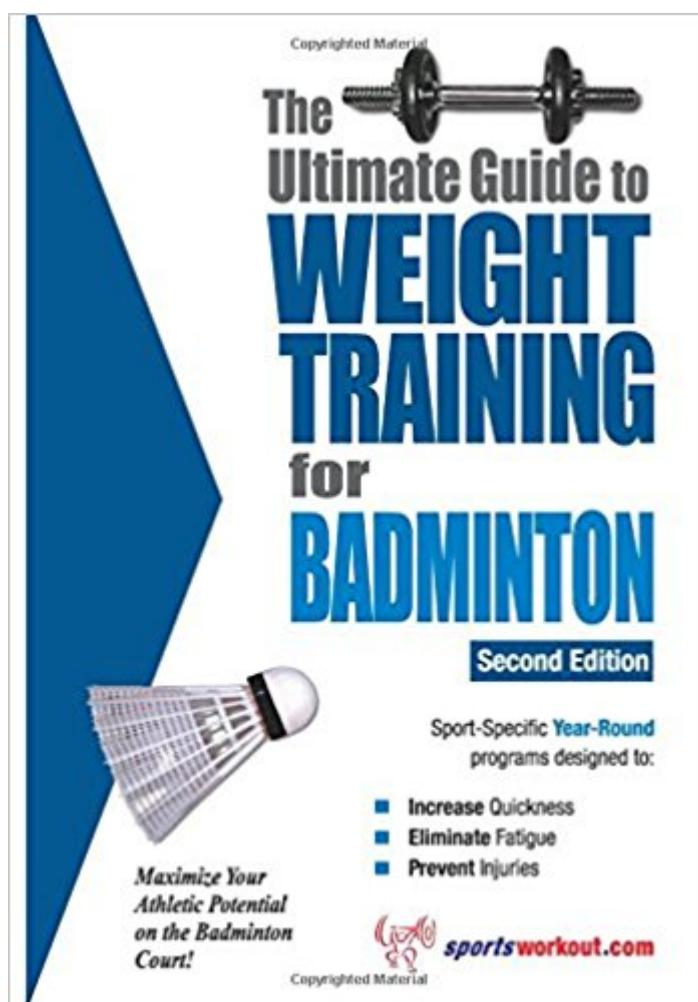


The book was found

The Ultimate Guide To Weight Training For Badminton (The Ultimate Guide To Weight Training For Sports, 2)



Synopsis

The Ultimate Guide to Weight Training for Badminton is the most comprehensive and up-to-date badminton-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 badminton-specific weight-training programs guaranteed to improve your performance and get you results. No other badminton book to date has been so well designed, so easy to use, and so committed to weight training. This book provides you with the exercises needed to improve your putaways and increase racquet speed. It will have you hitting the birdie like never before. By following the programs in this book, you will increase your speed, power, and agility, enhancing your drop, flick, and drive shots until the end of the 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: The Ultimate Guide to Weight Training for Sports, 2

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Average Customer Review: 3.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #2,064,452 in Books (See Top 100 in Books) #13 in Books > Sports & Outdoors > Racket Sports > Badminton #1813 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #2093 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

This book focus directly and specifically on weight training. It shows you the techniques for using a gym with most of it illustrated with picture. It also has some recommended program with methods of calculating the exact weight for training etc. Overall, it seems to be a generic gym book but with the routine focused on muscle group or body part specific to badminton. At this moment, I will give it an

average rating. Will give the program a try to see whether it will improve my physical conditions (agility and speed) for badminton.

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