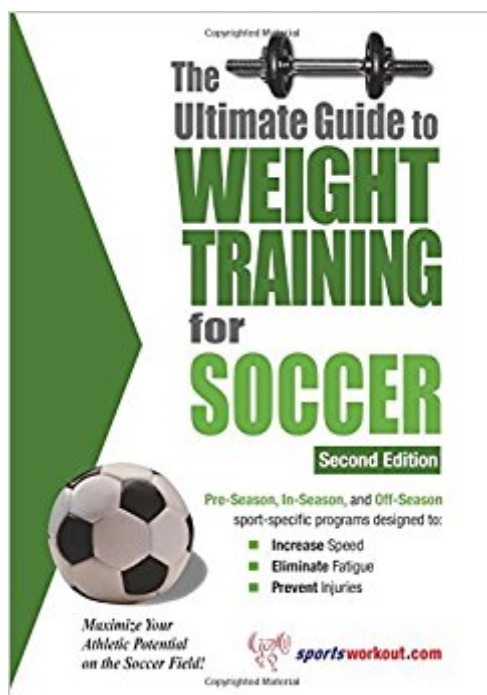


The book was found

The Ultimate Guide To Weight Training For Soccer



Synopsis

The Ultimate Guide to Weight Training for Soccer is the most comprehensive and up-to-date soccer-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 soccer-specific weight-training programs guaranteed to improve your performance and get you results. No other soccer book to date has been so well designed, so easy to use, and so committed to weight training. This book contains the type of training needed to overwhelm the opposing team with speed, stamina, and overall strength. By following this program, you will have the energy and power to move past and out-muscle your opponent which guarantees soccer players of all skill levels better results when fighting for position, running the field, and scoring goals. 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 for Soccer

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Average Customer Review: 3.2 out of 5 stars 10 customer reviews

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Customer Reviews

I play traveling and high school soccer. My team has won two out of three tournaments so far this season, and we won TRAC last year. This year we are the most likely team to win valley. Our record is 14-0-4. The Ultimate Guide to Weight Training for Soccer has helped me so much. I have gotten faster, stronger, and I have gotten more confident because of this. In soccer you need to be mentally and physically strong, and your book really helped me get to the level I needed in order to

make varsity as a freshman. Thank you! --Anisa GAs a high school coach for a low socioeconomic area in San Antonio, Texas, I have found your book to be the perfect tool to instruct students about proper weight training in soccer. My students are making excellent progress. --Coach GarciaAs a high school coach for a low socioeconomic area in San Antonio, Texas, I have found your book to be the perfect tool to instruct students about proper weight training in soccer. My students are making excellent progress. --Coach Garcia

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 and Muscle & Performance magazine, for his sports-training expertise.Â 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.Â 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.

Just as described

The book is quite generic and not very soccer specific. In my view, one could easily go on the Internet and collate a similar exercise program. I am guessing that the author has never worked with a professional soccer team. Hence, he wouldn't know what modern fitness methods for high level soccer players would entail.

Very old school....not so useful in this day and age. I could google all of this information..

i guess it's good if you're completely lost and want to get started on weight training or something. and i agree with markb57, the exercises offered are rather mediocre... nothing ultimate about it.

I'm looking for an up-to-date, soccer specific weight training guide, and checked this out of the library, hoping that it would be my choice. While it gives good generic weight training and programs, to my mind it did not include enough discussion about why the given exercises are recommended for soccer, as opposed to generic weight training, and there is no discussion about integration with other soccer-specific training, like ladder work, stairs, etc. There are a couple of chapters written by

soccer trainers, but they seem disjointed from the rest of the book. So it gets a 3, being a decent weight guide, but loses 2 due to lack of soccer specificity.

I was recommended this book from a friend of mine who is also a soccer nut like myself. I found that this book clearly outlines how the individual player can exponentially increase their level of effectiveness on the pitch. Besides improving my general performance on the field by increasing my level of stamina, strength, and flexibility, I found that this book serves as a very good starting point for players of all abilities and ages. This book provides advice narrowly tailored towards soccer players. Where other books fail to provide advice about how one can prevent injuries and make training fun, this book undoubtedly succeeds!!! Overall, a great buy.

all i have to say about this book is that it is just awesome, great, helpful and great if your wanting to work out and gain some muscle for soccer this is the book

This is the best book I have found of its kind! A workout plan just for soccer players that is clear and easy to understand. You can use this program at any skill level and see results fast. Definitely worth the price - I have introduced this program to my whole team!

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