



The Athlete's Ball: Developing the Athlete's Power Core (Paperback)

By Rick Jemett

Novont Health Publishing, United States, 2004. Paperback. Book Condition: New. 251 x 201 mm. Language: English . Brand New Book ***** Print on Demand *****.Written for coaches, personal trainers and competitive athletes, this authoritative manual details an innovative strength conditioning program used by professional and elite athletes. Concise instructions along with more than 300 photographs describe the book's 122 integrative training exercises. Includes a section on the prevention of knee injuries in female athletes and a collection of seven sample training programs. By the author of Spinal Stabilization The New Science of Back Pain. Original.



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