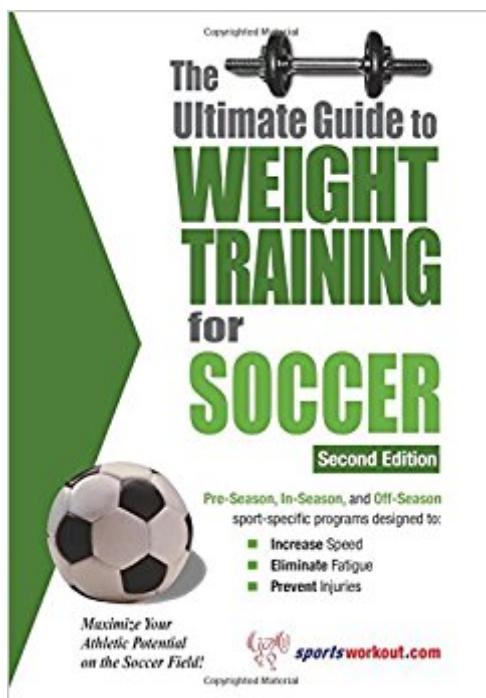


The book was found

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

Paperback: 176 pages

Publisher: Price World Publishing; 2 edition (May 1, 2005)

Language: English

ISBN-10: 1932549382

ISBN-13: 978-1932549386

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

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

Best Sellers Rank: #1,119,125 in Books (See Top 100 in Books) #109 in Books > Sports & Outdoors > Individual Sports > Fencing #796 in Books > Reference > Encyclopedias & Subject Guides > Sports #950 in Books > Sports & Outdoors > Miscellaneous > Reference

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. 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. 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 points 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!

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

The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Five Things I Like Almost As Much As Playing Soccer. 1. Watching Soccer. 2. Talking About Soccer. 3. Books About Soccer. 4. Websites About Soccer. 5. ... Pages College Ruled (Composition Notebook) 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: 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) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse) The Ultimate Guide To Weight Training For Volleyball (Ultimate Guide to Weight Training: Volleyball) The Ultimate Guide to Weight Training for Basketball (Ultimate Guide to Weight Training: Basketball) The Ultimate Guide to Weight Training for Tennis (Ultimate Guide to Weight Training: Tennis) Ultimate Guide to Weight Training for Hockey

(Ultimate Guide to Weight Training: Hockey) Ultimate Guide to Weight Training for Bowling (Ultimate Guide to Weight Training: Bowling) The Ultimate Guide to Weight Training for Roller Hockey (The Ultimate Guide to Weight Training for Sports, 19) 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 Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) 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) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)