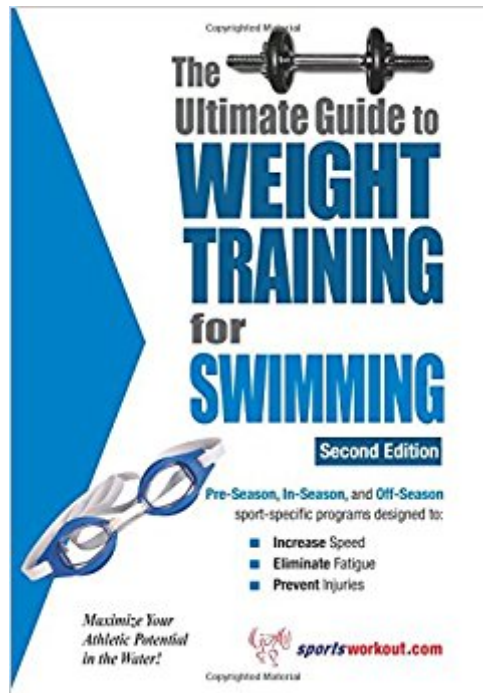




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# The Ultimate Guide To Weight Training For Swimming



## Synopsis

The Ultimate Guide to Weight Training for Swimming is the most comprehensive and up-to-date swimming-specific training guide in the world today. It contains descriptions and photographs of over 80 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round swimming-specific weight-training programs guaranteed to improve your performance and get you results. No other swimming book to date has been so well designed, so easy to use, and so committed to weight training. This book was designed specifically for swimmers to increase strength, speed, endurance, and stamina. Not long after you begin following this guide you will cut seconds off of all of your strokes. Swimmers of all skill levels will be able to finish without running out of gas and will be able to swim at record paces until the end of the meet. 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! As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20.

## Book Information

Series: Ultimate Guide to Weight Training: Swimming

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## Customer Reviews

Your book's programs have helped my swimmers reach their goals. The book identifies specific machines that work particularly well in the sport of swimming. The book has also given me a bunch of do's and don'ts and things the swimmers should think about. I have already noticed changes in

the swimmers. Both with their physical development and also their stroke development. Also, times have dropped. I would like to thank you for a great book to help in the progression of swimming. It was very hard to find something like this that can relate specifically on swimming! Thank you --Jim C, High School Coach

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, 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.

This book may have some grammar and spelling errors, but the workouts it provides are great, along with a lot of the advice. The only thing that would make it better dietary advice and recommendations for things to eat before and after a good workout, but I can get that other places. I highly recommend, especially if you are part of a swim team.

An excellent source of knowledge and practical orientation for improving performance and avoiding injuries !

This book is NOT for anyone with a weight lifting background. I am a varsity swim coach with a weight training background who bought this book hoping for new ideas. There were none. The book is rife with typos and the pictures are poor quality. The book also suggests overhead presses and behind the neck pull-downs; both of which are poor choices for anyone a good deal of yardage. Pictures show lifts like bent over barbell rows done with feet together when most people will suggest a wide base with feet shoulder-width apart for added stability. This book is not for a beginning swimmer. It is not for a coach or swimmer with moderate knowledge of weight lifting. I can think of very few people who would benefit from the content of this book even if it were accurate.

Love it and I'm going to get more of the books, they help out. thank you very much....

it includes Best training techniques for all sport activities... it deserves every penny that being paid.  
super book...i offer all spor lovers..

Very technical, very helpful, finally weight lifting specifically for swimmers. Keep coming back, great suggestions, great offers too! A must read for all athletes.

This book contains basic weight training exercises that can be applied to a variety of sports that involve the use of a variety of muscle groups.

GOOD

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