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Strength Ball Training 3rd Edition

Lorne Goldenberg, Peter Twist

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Who says the best can’t get better? The enhanced edition of Strength Ball Training, Third Edition, delivers plenty of exercises, programs, assessments, and 51 video clips and 2 full-length programs for achieving the best results.

Preferred by elite athletes, fitness experts, and strength and conditioning specialists, stability and medicine ball exercises are essential to developing core power, strength, balance, coordination, and stability. Strength Ball Training presents those exercises along with instruction and advice on achieving results.

Inside you will find assessments to help you determine your current ability and suggested exercises to address deficiencies. The exercises can be sequenced to create individual programs that target specific regions or enhance total-body performance. You’ll learn to incorporate equipment such as cables, bands, and dumbbells for added versatility and increased resistance.

The enhanced edition’s 51 video clips show exercises for core stabilization; core rotation; legs and hips; chest, shoulders, and upper back; abs, lower back, and glutes; biceps, triceps, and forearms, and whole body. Also included are two full-length 30-minute programs, Muscle Up and Power Conditioning, making this the one resource full of strength, flexibility, and balance challenges that will test you to your very core.

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