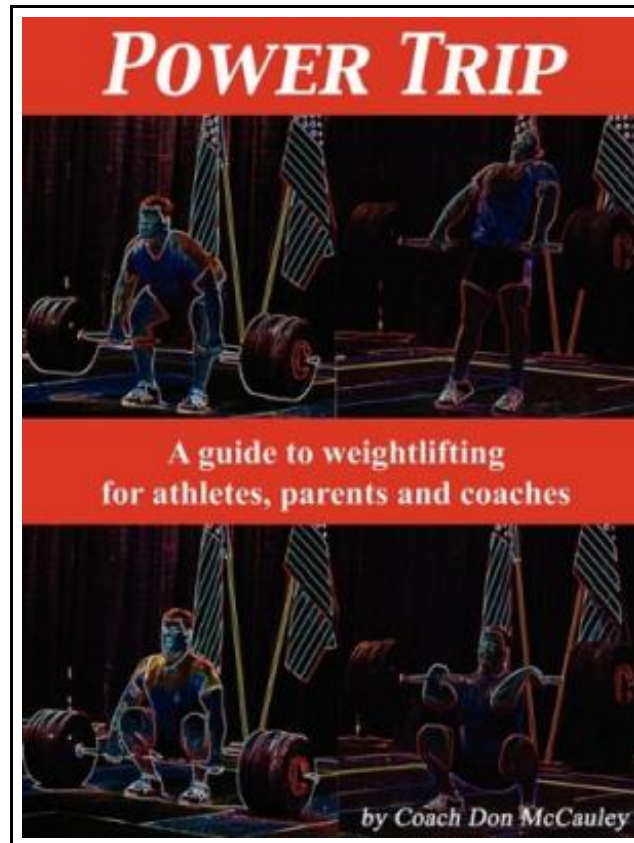


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(Dr. Raven Ledner)

POWER TRIP: A GUIDE TO WEIGHTLIFTING FOR COACHES, ATHLETES AND PARENTS



Dog Ear Publishing, United States, 2010. Paperback. Book Condition: New. 280 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.Power Trip is intended to be a guide for parents, athletes and coaches to assist them in discovering the WHAT, HOW, WHERE AND WHY of strength training. It will allow the young athlete, or just any kids who want to be stronger and faster, to do the right things, in the right order and find the right places and people to help them continue to excel and not be sidelined by overtraining or negligent training in the gym. It will help parents to start their children on the right path to better athleticism, whether or not they plan to be a competitive athlete. Coaches will find the latest techniques of Olympic-style Weightlifting on the Trip, what lifts are more important to do and they will probably find themselves losing their temper or, at least, find their interest stimulated. On this Power Trip, athletes, parents and coaches will be exposed to what I think are the best exercises to do to become more powerful and the techniques I teach. You will learn, especially using the DVD, which can be ordered online, the best teaching progression to make yourself or your athlete, exceptional at performing these all-important Olympic-style lifts. Strength training can be a long and costly maze. Money and, more importantly, time can be wasted going down the wrong roads and riding with the wrong people. You will learn on this Power Trip, what to look for in a coach, a strength program and/or a gym when you are traveling through your athletic life. And, you will learn how not to waste your time doing things that aren't making you a better athlete and a more...



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