



## Ultimate Guide to Weight Training for Badminton

By Robert G. Price

Price World Enterprises. Paperback. Book Condition: new. BRAND NEW, Ultimate Guide to Weight Training for Badminton, Robert G. Price, This is the most comprehensive and up-to-date badminton-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 world-wide. This book features year-round badminton-specific weight-training programs guaranteed to improve your performance and get you results. No other badminton book to date has been so well designed, so easy to use, and so committed to weight training. This book provides you with the exercises needed to improve your put-aways and increase racquet speed. It will have you hitting the birdie like never before. By following the programs in this book, you will increase your speed, power, and agility, enhancing your drop, flick, and drive shots until the end of the match. Both beginners and advanced athletes and weight trainers can follow this book and utilise 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!.



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