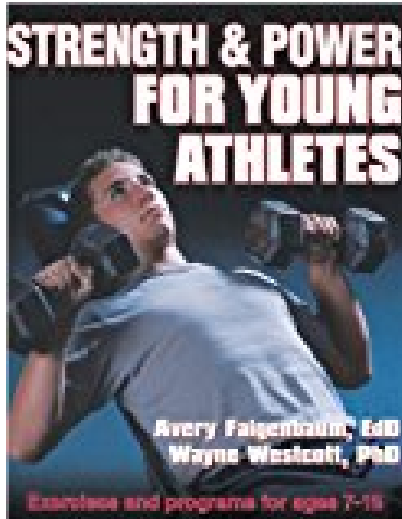


Strength and Power for Young Athletes



BOOK DETAILS

- Author : Avery Faigenbaum
- Pages : 216 Pages
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BOOK SYNOPSIS

Outlines a strength training program for young athletes aged seven to fifteen that includes free weight, body weight, machine, cord, and medicine ball exercises, as well as stretching exercises and nutritional guidelines.

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