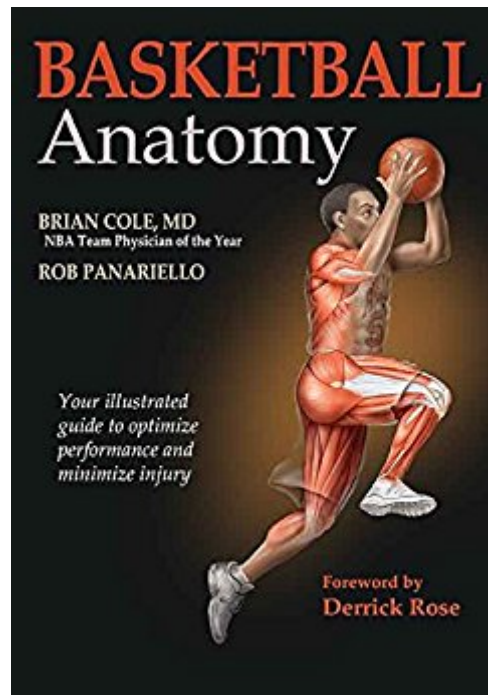




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Basketball Anatomy



Synopsis

See what it takes to maximize on-court power, strength, agility, and quickness. Basketball Anatomy will show you how to improve performance by increasing muscular strength and optimizing the efficiency of every movement. Basketball Anatomy features 88 of the most effective basketball exercises, each with step-by-step descriptions and full-color anatomical illustrations to show the muscles in action. Basketball Anatomy goes beyond the exercises by placing you on the court and into the throes of competition. Illustrations of the muscles involved in pivoting, rebounding, and shooting show you the exercises are fundamentally linked to basketball performance. You'll also step off the court and into the training room to explore the anatomy of the most common injuries to the ankle, knee, and shoulder as well as exercises for minimizing and recovering from such setbacks. Basketball Anatomy is a must-have for all who appreciate the artistry and athleticism of the game—whether player, coach, trainer, or spectator.

Book Information

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Customer Reviews

Great book, covers all of the key training areas for different parts of the body. Also discusses how to

prevent injuries and maintenance. The illustrations describing exercises AND the basketball movements/plays they pertain to are extremely high quality, a pleasant surprise!

Perfect explanation on how each weight lifting exercise relates to basketball skills. I recommend it to any high school varsity coach.

If you have basic knowledge about basketball strength training this book can be very helpful in organizing your program and help you choose exercises that makes you better in the sport.

Great book for my 7th grader wanting to start a training program this summer.

Great and to the point, changing up my workouts based on this book

Purchased for my son and he says that the exercises illustrated in this book have helped him play a better game.

Great addition to the library of any coach serious about building a championship program.

great book. helped me alot

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