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velocity and accuracy on slap shots more power on checks and more endurance making it possible to give it your all until the final whistle Both beginners and advanced athletes and weight trainers can follow this book and utilize 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 Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sportstraining expertise Rob is the featured hockey fitness expert at the Sports Learning Edge which is partnered with NHL com and is a contributing author to Golf Fitness Magazine Swimmer's World Magazine US Bowler Magazine and OnFitness magazine Rob is also the founder and head trainer of SportsWorkout com's eTraining service In addition to being an internationally recognized fitness expert Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars The Ultimate Guide to Weight Training for Wrestling Rob Price, 2014-05-14 The Ultimate Guide to Weight Training for Wrestling is the most comprehensive and up to date wrestling specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round wrestling specific weight training programs guaranteed to improve your performance and get you results No other wrestling book to date has been so well designed so easy to use and so committed to weight training This book was designed for wrestlers of all weight classes and skill levels to increase power quickness flexibility and stamina By following the programs in this book you will be able to maneuver around your opponents effortlessly and pin them more easily You will be able to maintain a high intensity throughout the entire match without ever running out of energy Both beginners and advanced athletes and weight trainers can follow this book and utilize 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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