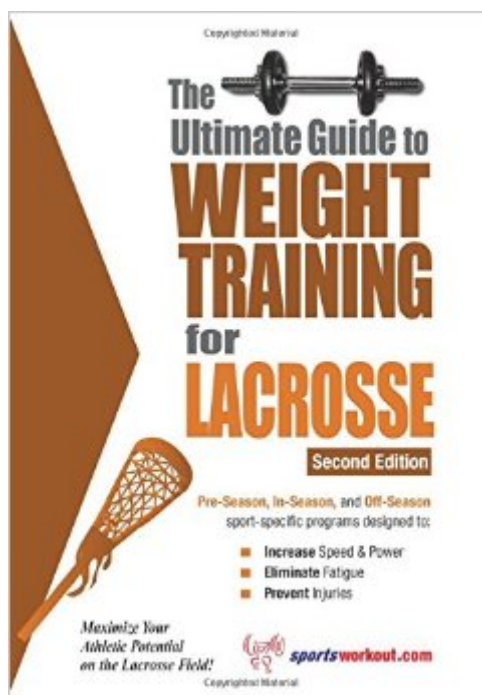


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# Ultimate Guide To Weight Training For Lacrosse (Ultimate Guide To Weight Training: Lacrosse)



## Synopsis

The Ultimate Guide to Weight Training for Lacrosse is the most comprehensive and up-to-date lacrosse-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 lacrosse-specific weight-training programs guaranteed to improve your performance and get you results. No other lacrosse book to date has been so well designed, so easy to use, and so committed to weight training. This book will have players increasing strength, speed, and flexibility resulting in harder checks, more accurate shots, and the ability power past defenders all game long. From the opening face-off you will be able to dominate the game like never before and maintain your intensity 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!

## Book Information

Series: Ultimate Guide to Weight Training: Lacrosse

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Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #808,168 in Books (See Top 100 in Books) #35 in [Books > Sports & Outdoors > Coaching > Hockey](#) #39 in [Books > Sports & Outdoors > Other Team Sports > Lacrosse](#) #300 in [Books > Sports & Outdoors > Hockey](#)

## Customer Reviews

I am a physical therapist with a lacrosse-obsessed son. I bought this book not because I need to know how to strength-train, but because I wanted to know what muscles should be strength-trained to improve lacrosse performance. This book has a lot of information about strength-training in general, and it gives nice specific detailed workouts ('Day 2 do these exercises', etc). But it does not tell me anything that I, as a PT, don't already know. For example, it says that for lacrosse, the upper

body muscles that should be strengthened are the chest, back, shoulders, biceps, triceps. Um, yeah. That about covers everything, so - not helpful. To improve running speed it says to do sprints. Again, not so helpful. I would say that the author is pretty well-educated with regards to exercise physiology. If you're looking for a concise yet thorough book about strength training, with various strategies for when to train and what you could substitute - this is a good book. If you're looking for information about exactly what muscles to train for lacrosse, I feel this book falls short.

This book gives a detailed explanation of every exercise and has photos that show the correct way to do the exercise.

I found this book to be excellent for the young lacrosse player. It shows the basic techniques and how with repetitions they can increase their strength but at a safe pace.

I bought this book for my 16 year old son. Read reviews but decided to go ahead anyway. What I didn't realize was that it assumes that you have access to nautilus equipment. I don't know why but I assumed it was "weight training" so it was using free weights. Oops. He's modified some exercises but it really is pretty basic information anyway. I would only recommend it if you REALLY have no idea which muscle groups you need to strengthen to play lacrosse.

I like the way this book is put together. It lays out week by week plans for the off season as well as on season. The author also explains why certain workout techniques are suggested for different times of the year. I've read through and plan to use the routines myself and see if it puts me back in condition to play some over 40 ball. Until then I've reserved the final star.

This is one of a series of misleading if not downright fraudulent books by the author, who has created a mini-empire of mediocre weight lifting books by churning out book after book on Publishing with titles like; "The Ultimate Guide to Weight Training For \_\_\_\_\_" where the blank is filled in by any sport on earth from badminton to lacrosse to boxing to tennis. None of these books are specific to the sport and offer only generic weight lifting information. Basically, it's a scam. This is a guy who is misleadingly claiming to offer a guide to sport-specific weight training when really it's a generic guide to weight training in general published under a 20 different names. Go to the author's section and you will see what I mean. Very unscrupulous!

This book is great and is a must read for any lacrosse player. If you want to up your game and get bigger, stronger, and faster this is the book for you! Love this book as it provides great exercises and workout plans.

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