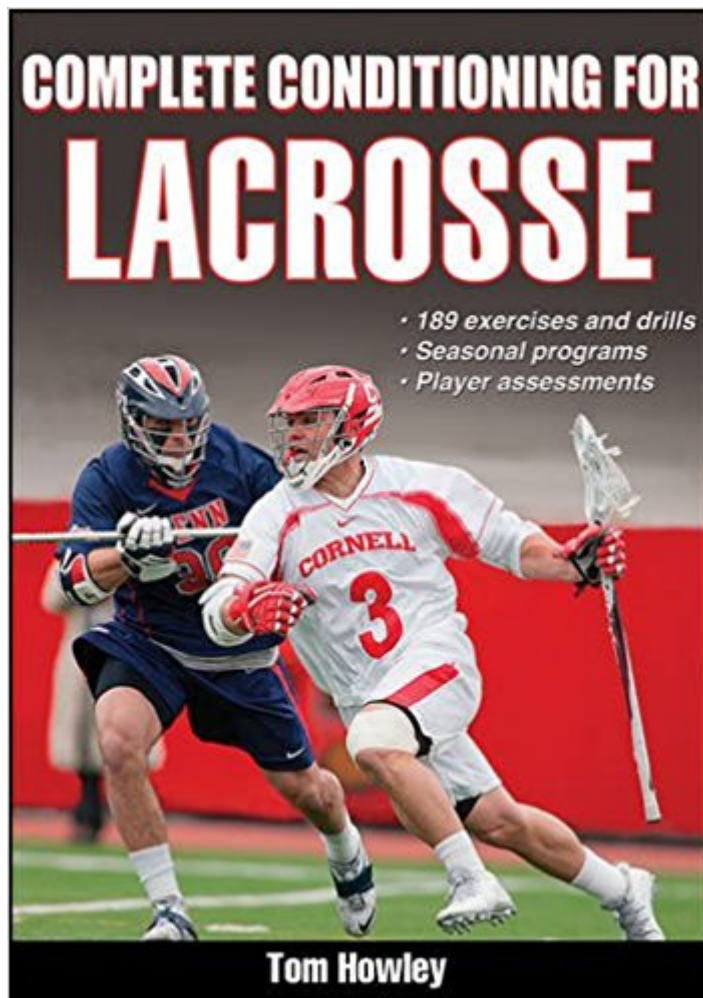


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Complete Conditioning For Lacrosse



Synopsis

Today's lacrosse players are bigger, faster, and stronger than ever before. A focused program of strength, speed, and conditioning has become essential to anyone serious about on-field success. Complete Conditioning for Lacrosse features a comprehensive approach that develops players' physical abilities as well as the lacrosse-specific skills their positions require. Renowned Cornell University strength and conditioning coach Tom Howley presents the exercises, drills, and programs he's relied on to make the Big Red a perennial powerhouse. In Complete Conditioning for Lacrosse you'll find a detailed individual assessment protocol that will help you identify strengths and weaknesses. Using these results, you'll work through the ready-to-use off-season and in-season programs by tailoring each workout to individual needs. Featuring 190 exercises, each accompanied by step-by-step instructions, photo sequences, and unparalleled advice on training, this resource is everything you need for raising your game and improving your team. Whether you are a coach, player, strength and conditioning professional, or athletic trainer, Complete Conditioning for Lacrosse is your guide to excellence on the field and in the training room. v

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