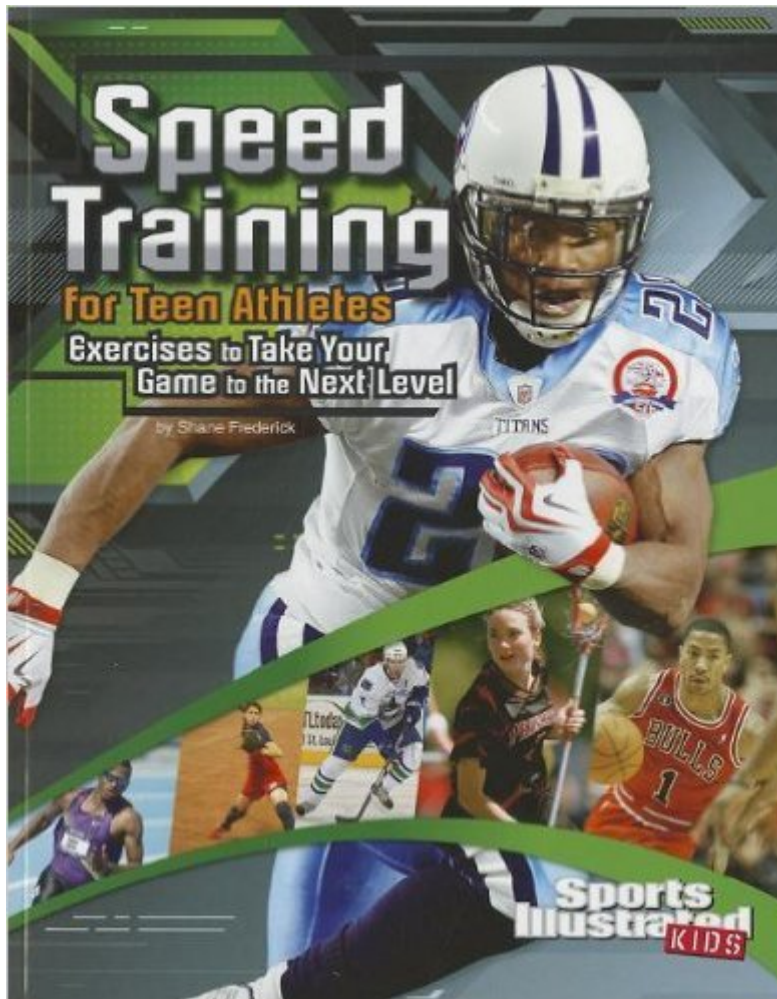


The book was found

Speed Training For Teen Athletes: Exercises To Take Your Game To The Next Level (Sports Training Zone)



Synopsis

Speed and agility are important in almost any sport. But to get faster, you don't have to resort to getting on the treadmill. Use these quick and easy exercises to gain an extra step heading downfield for a pass, zoom around the bases, or skate at a breakneck pace. With a little speed training, you'll soon blow past your opponents!

Book Information

Lexile Measure: 900L (What's this?)

Series: Sports Training Zone

Paperback: 48 pages

Publisher: Capstone Press (February 1, 2012)

Language: English

ISBN-10: 1429679999

ISBN-13: 978-1429679992

Product Dimensions: 7.7 x 0.2 x 9.8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #1,300,981 in Books (See Top 100 in Books) #74 in Books > Health, Fitness & Dieting > Teen Health #159 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #4499 in Books > Children's Books > Sports & Outdoors

Age Range: 10 - 14 years

Grade Level: 4 - 5

Customer Reviews

My middle school grandson loved the book! I would recommend it for parents and grandparents or any relative for preteen and/or teenage boys with an interest in sports or physical training.

Great book!

[Download to continue reading...](#)

Speed Training for Teen Athletes: Exercises to Take Your Game to the Next Level (Sports Training Zone) Speed Training: For Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants &

Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Speed Reading: Seven Speed Reading Tactics To Read Faster, Improve Memory And Increase Profits (Speed Reading Techniques, Read Faster, Speed Reading For Professionals, Entrepreneurs) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) The Feed Zone Cookbook: Fast and Flavorful Food for Athletes (The Feed Zone Series) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) Speed Reading: 7 Simple and Effective Speed Reading Techniques That Will Significantly Reduce Your Reading Time (Speed Reading Techniques, Read Faster, ... Focus, Memory Recall, Improve Productivity) Speed Reading: The Comprehensive Guide To Speed Reading - Increase Your Reading Speed By 300% In Less Than 24 Hours Fantasy Football: 12 Ways To Take Your Fantasy Football Performance to the Next Level (Fantasy Sports) Hacking University: Sophomore Edition. Essential Guide to Take Your Hacking Skills to the Next Level. Hacking Mobile Devices, Tablets, Game Consoles, and ... (Hacking Freedom and Data Driven Book 2) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Advanced Spanish Step-by-Step: Master Accelerated Grammar to Take Your Spanish to the Next Level (Easy Step-by-Step Series) Take-Down Archery: A Do-It-Yourself Guide to Building PVC Take-Down Bows, Take-Down Arrows, Strings and More Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Changing the Game: The Parent's Guide to Raising Happy, High Performing Athletes, and Giving Youth Sports Back to our Kids The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) The Next IQ: The Next Level of Intelligence for 21st Century Leaders Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More