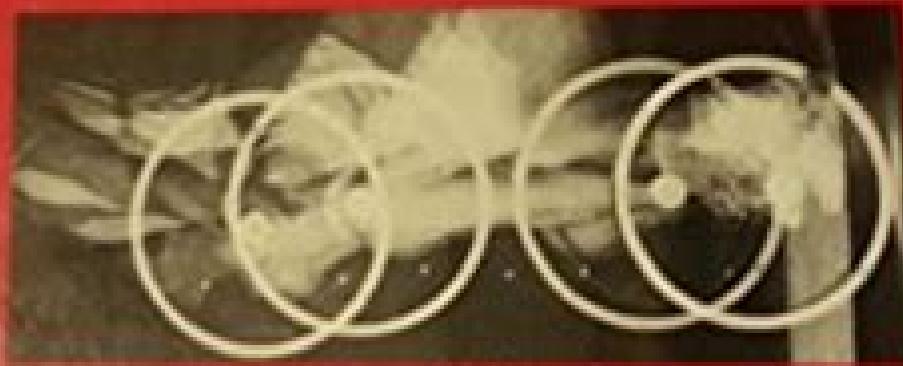


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a breakthrough program that guarantees explosive growth and strength achieved naturally without the use of drugs Loaded with photos training logs and charts psychological strategies for staying motivated tips on contest preparation and solutions to common problems bodybuilders face Hardcore Bodybuilding also presents methods for determining body fat percentage and metabolic rate and reveals the truth behind many bodybuilding myths making it a must for anyone interested in serious weight training Frederick C Hatfield PhD has written more than 50 books and hundreds of articles on sports training fitness bodybuilding and nutrition including Bodybuilding A Scientific Approach Power A Scientific Approach and Ultimate Sports Nutrition A Scientific Approach to Peak Athletic Performance

Tennis Science Bruce Elliott,Machar Reid,Miguel

Crespo,2015-10-26 If you have watched a Grand Slam tennis tournament in the past decade you are probably aware that the game is dominated by just a few international powerhouses At the conclusion of each tournament it is likely that you will see Serena Williams atop the women s podium and a member of the Big Four Roger Federer Rafael Nadal Novak Djokovic and Andy Murray hoisting the trophy for the men And while there is not a lot of variety in the outcome of these matches the game of tennis itself has changed drastically over the decades as developments in technology and conditioning regimens among other factors have altered the style of play Underpinning many of these developments is science and this book explains the scientific wonders that take the ball from racket to racket and back again Each chapter explores a different facet of the game learning technique game analysis the mental edge physical development nutrition for performance and recovery staying healthy and equipment and is organized around a series of questions How do we learn the ins and outs of hitting the ball in and not out What are the main technological developments and software programs that can be used to assist in performance and notational analysis in tennis What role does sports psychology play in developing a tennis player What is the role of fluid replacement for the recreational junior and professional player What rule changes have been made with respect to the racket ball and ball court interaction to maintain the integrity of the game in the face of technological change Each question is examined with the aid of explanatory diagrams and illustrations and the book can be used to search for particular topics or read straight through for a comprehensive overview of how player and equipment work together Whether you prefer the grass courts of Wimbledon the clay courts of the French Open or the hard courts of the US and Australian Opens Tennis Science is a must have for anyone interested in the science behind a winning game

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