



# The Ultimate Guide To Weight Training For Swimming

*Rob Price*

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## **The Ultimate Guide To Weight Training For Swimming** Rob Price

The Ultimate Guide to Weight Training for Swimming is the most comprehensive and up-to-date swimming-specific training guide in the world today. It contains descriptions and photographs of over 80 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round swimming-specific weight-training programs **guaranteed to improve your performance and get you results.**

No other swimming book to date has been so well designed, so easy to use, and so committed to weight training. This book was designed specifically for swimmers to **increase strength, speed, endurance, and stamina. Not long after you begin following this guide you will cut seconds off of all of your strokes.** Swimmers of all skill levels will be able to finish without running out of gas and will be able to swim at record paces until the end of the meet.

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!

As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20.

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