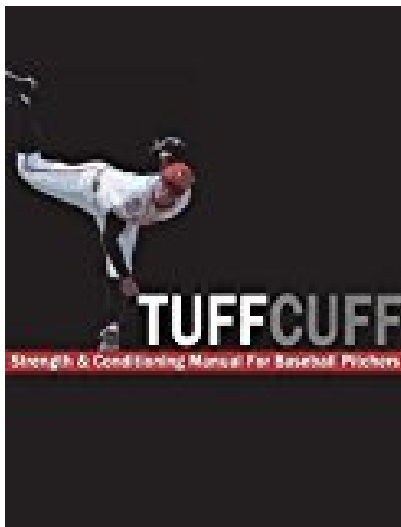


The TUFFCUFF Strength and Conditioning Manual for Baseball Pitchers A 52-Week Guide to Pitching Workouts and Throwing Programs



BOOK DETAILS

- Author : Steven Ellis
- Pages : 188 Pages
- Publisher : The Complete Pitcher, Inc.
- Language : English
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BOOK SYNOPSIS

Offers advice on the mechanics of pitching, and recommends a program of weight training, aerobic exercise, and sound nutrition

THE TUFFCUFF STRENGTH AND CONDITIONING MANUAL FOR BASEBALL PITCHERS A 52-WEEK GUIDE TO PITCHING WORKOUTS AND THROWING PROGRAMS

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