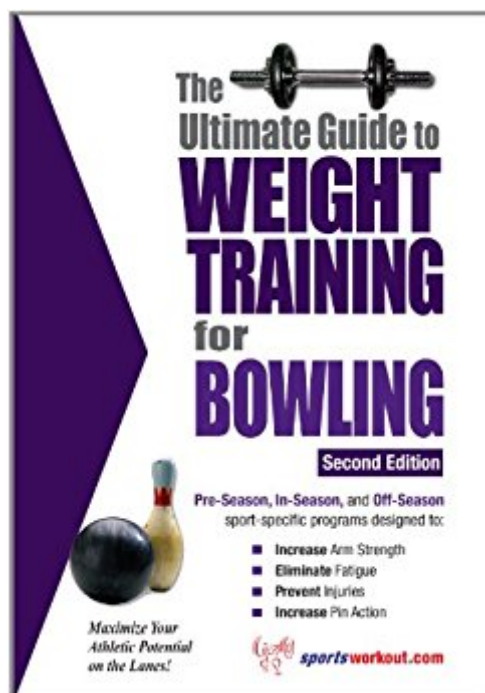


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# The Ultimate Guide To Weight Training For Bowling



## Synopsis

The Ultimate Guide to Weight Training for Bowling is the most comprehensive and up-to-date bowling-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 bowling-specific weight-training programs guaranteed to improve your performance and get you results. No other bowling book to date has been so well designed, so easy to use, and so committed to weight training. This book will have you increasing your average by focusing on the endurance, strength, and flexibility needed most by bowlers. By following this guide you will get more speed on your rolls, more pin action, and overall higher scores and success on the lanes. 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.

## Book Information

File Size: 5878 KB

Print Length: 176 pages

Publisher: Price World Publishing (May 31, 2011)

Publication Date: May 31, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B0053TSU3C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,101,143 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Bowling #89

inÂ Books > Sports & Outdoors > Individual Sports > Bowling #858 inÂ Kindle Store > Kindle

eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

## Customer Reviews

It's not only the "ultimate" guide to weight training for bowling, but I think that it's the ONLY guide to weight training for bowling. Obviously, anyone could build a workout program to strengthen their body, but it's nice to have a resource provided by knowledgeable folks to make it easy for you. This guide provides an easy to ready plan, complete with pictures, to help bowlers improve their strength. The purpose is to help bowlers ultimately improve the explosive quality of the ball in the pocket, from the first roll to the last. This is most critical when bowlers get caught in a long day at competitive meets where they are sure to bowl more than three quick games. The stress of competition can easily tire a competitor physically, so physical fitness is a must. This book walks you through the stretching and the exercises and a rotation plan that uses four different training programs. It's a short, to-the-point book that may be a no-brainer to fitness buffs, but still serves as a handy reference to keep everyone, at any level, focused and fit. The rating is based on the fact that the book accomplishes its stated purpose and meets the expectations that anyone should have for this book.

This is a book on weight training. There are words within this book that allude to bowling in the initial pages, but don't expect much specifics, if any, on how an exercise will relate to improving bowling. Will the exercises help? As much as any decent training program, I suppose. There are a lot of different exercises, maybe too many, and that is why it would have been nice to understand how a specific exercise will benefit a bowler. I can only recommend this book if you don't already own a decent book on weight training. Change the title and substitute almost any sport for "bowling" in the early pages and this book would read the same. As I already own many exercise books, I lost interest real quick. I'll take another look, but unless I missed something, buy only if you don't have weight and exercise books now.

There are several books on mental training that I have read but for the physical end of things this book is great. The stronger and more flexible you are the easier it will be to control your ball. Some of the training in this book will interact with your mental training. Such as Being strong enough to fine tune your control but NOT to muscle it down the alley. Think of it this way. You have a tennis ball in your hand and you want to toss it into the air but just as you loose touch with it you want to caress the bottom of the ball. Now think of having a bowling ball in the same position and want to do the same thing. The stronger you are the easier it will be to do that to the bowling ball because it is not near your strength limit.

I bought the book and I expected more. For instance the bowling routine doesn't include any exercise for training the triceps, which are very important in releasing the ball. A waste of money... but clever marketing

The book provides you a guide to design a workout tailored to your abilities to improve your fitness and increase your performance in the game of bowling

Just another workout book, not so much for bowling. It should be more basic and more direct for the sport.

The information is good, I expected to learn something new, but I didn't. Not the book's fault. The book was in mint condition, (bought it used). I'll pass it on to the kids.

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