



# Ultimate Guide to Weight Training for Cheerleading

*Rob Price*

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## **Ultimate Guide to Weight Training for Cheerleading** Rob Price

"The Ultimate Guide to Weight Training for Cheerleading is the most comprehensive and up-to-date cheerleading-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round cheerleading-specific weight-training programs guaranteed to improve your performance and get you results. No other cheerleading book to date has been so well designed, so easy to use, and so committed to weight training. This book will have both male and female cheerleaders increasing strength, stamina, and flexibility while reducing the risk of injuries when performing stunts and routines. 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!"

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