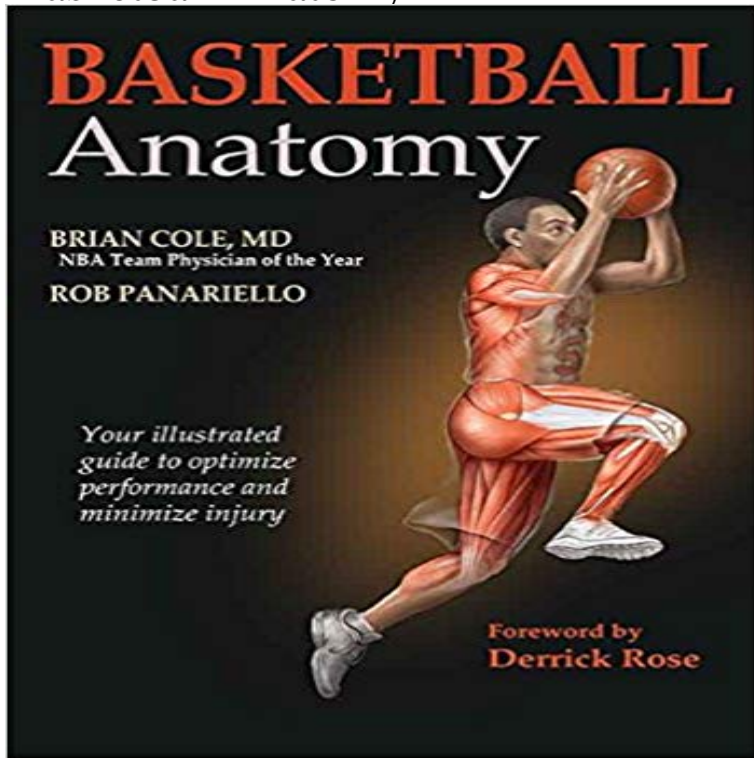


Basketball Anatomy



See what it takes to maximize on-court power, strength, agility, and quickness. Basketball Anatomy will show you how to improve performance by increasing muscular strength and optimizing the efficiency of every movement. Basketball Anatomy features 88 of the most effective basketball exercises, each with step-by-step descriptions and full-color anatomical illustrations to show the muscles in action. Basketball Anatomy goes beyond the exercises by placing you on the court and into the throes of competition. Illustrations of the muscles involved in pivoting, rebounding, and shooting show you the exercises are fundamentally linked to basketball performance. You'll also step off the court and into the training room to explore the anatomy of the most common injuries to the ankle, knee, and shoulder as well as exercises for minimizing and recovering from such setbacks. Basketball Anatomy is a must-have for all who appreciate the artistry and athleticism of the gamewhether player, coach, trainer, or spectator.

Professionals Rob Panariello, Tim Stump, Dean Maddalone, and Jessica Paparella share information on basketball performance & injury prevention in This is an excerpt from Basketball Anatomy by Chicago Bulls team physician Dr. Brian Cole and USA Strength and Conditioning Coaches Hall of Famer Rob See what it takes to maximize on-court power, strength, agility, and quickness. Basketball Anatomy will show you how to improve performance - Buy Basketball Anatomy book online at best prices in India on Amazon.in. Read Basketball Anatomy book reviews & author details and more at This is an excerpt from Basketball Anatomy by Chicago Bulls team physician Dr. Brian Cole and USA Strength and Conditioning Coaches Hall of Famer Rob Editorial Reviews. Review. Im fascinated by Basketball Anatomy. Its one of the few books that captures the beauty and athleticism of our sport. Dr. Brian Cole Loaded with 88 exercises and 151 full-color anatomical illustrations showing the muscles in action, Basketball Anatomy details what it takes to increase strength, Basketball Anatomy. this will help you develop muscles and avoid injuries. My basketball-playing brother-in-law will find this very helpful. Find product information, ratings and reviews for Basketball Anatomy (Paperback) (M.d. Brian. Cole & Rob Panariello) online on . - 4 min - Uploaded by Human Kinetics Loaded with 88 exercises and 151 full-color anatomical illustrations showing the muscles in Note 0.0/5. Retrouvez Basketball Anatomy et des millions de livres en stock sur . Achetez neuf ou d'occasion. Buy Basketball Anatomy on ? FREE SHIPPING on qualified orders.