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The Ultimate Guide to Weight Training for Fencing

Rob Price

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The Ultimate Guide to Weight Training for Fencing is the most comprehensive and up-to-date fencing-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 fencing-specific weight-training programs guaranteed to improve your performance and get you results. No other fencing book to date has been so well designed, so easy to use, and so committed to weight training. This book will have fencers increasing agility, strength, balance, and flexibility, which translates into more precision and power in advances, lunges, and recoveries.Following the programs in this book will also enhance wrist speed and control, reduce the chances of injury, and make you an overall better fencer. 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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