



## Strength Coach: A Call to Serve

By Jeff Connors

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Strength coaching is, in many ways, a scientific endeavor, blending the latest theories of performance enhancement with practical strategies to build mobility, speed, flexibility and power. But for Jeff Connors it is also a calling. For thirty years Connors has devoted himself to helping collegiate athletes excel on the field by grinding away relentlessly in the weight room, and through those decades he has crafted his own distinctive philosophy of his profession, using both his heart and his head. Part memoir and part training manual, this book gives football fans, strength coaches and exercise enthusiasts alike a thorough inside look into Connor's world -- where speed and power can lead to Saturday victory and young men forge character through long, tireless hours away from the roar of the crowd.



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