



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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Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin