

**THE ULTIMATE GUIDE TO WEIGHT TRAINING FOR
LACROSSE**

Patricia Skaff

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This book will have players increasing strength, speed, and flexibility resulting in harder checks, more accurate shots, and the ability power past defenders all game long. But it does not tell me anything that I, as a PT, don't already know. Read reviews but decided to go ahead .

CoachingLacrosseforDummiesGregBach. He is a national weight lifting champion and state bench press record holder. What I didn't realize was that it assumes that you have access to nautilus equipment. I play lacrosse for my high school in Illinois and training plays a huge factor in how well you play.

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