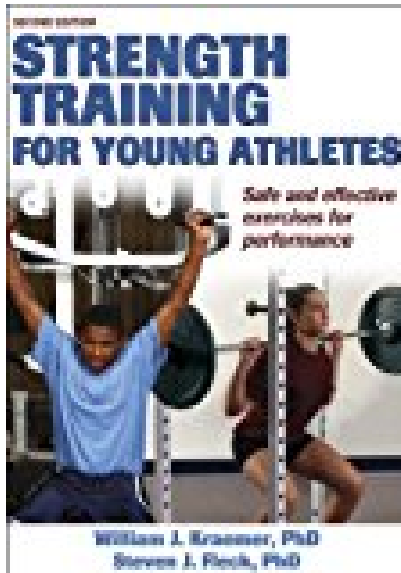


# Strength Training for Young Athletes - 2E



## BOOK DETAILS

- Author : William J. Kraemer
- Pages : 296 Pages
- Publisher : Human Kinetics
- Language : English
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## BOOK SYNOPSIS

The former president of the National Strength and Conditioning Association offers an authoritative guide to designing safe, effective training programs for 24 of the most popular youth sports. 250 photos.

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