



## Nolan Ryans Pitchers Bible The Ultimate Guide to Power, Precision, and Long-Term Performance

By Jim Rosenthal

Touchstone. Paperback. Condition: New. 176 pages. Dimensions: 9.1in. x 7.2in. x 0.5in. How does Nolan Ryan still do it? At 43 years old, Nolan Ryan is a marvel. He is still blowing his fastballs by hitters at an age when most pitchers have long since retired -- or have learned to depend on guile instead of power. But the Ryan express keeps chugging on, getting more unhittable, not less. Nolan Ryans Pitchers Bible tells us the secrets of Ryans success. Drawing on Ryans practical experience and Tom Houses research expertise, it shows how the right combination of exercise and motivation can help a pitcher develop to his greatest potential. Nolan Ryans Pitchers Bible includes: Nolan Ryans complete fitness program for pitchers -- including weight training, aerobic exercise, and diet -- based on the latest scientific research and his 24 years of experience as a major leaguer. The most up-to-date methods for preventing arm injuries by establishing proper mechanics, a conditioning base, and throwing work loads. A timetable for keeping a pitcher in top shape year-round, including specific exercise intervals to meet the individual strength demands of each pitchers throwing motion, maximum velocity, and maximum weekly number of pitches. An in-depth presentation...



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