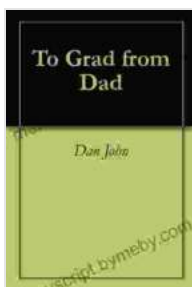


To Grad From Dad: A Comprehensive Guide to Strength Training for Young Athletes

Are you looking for a way to help your young athlete reach their full potential? If so, then you need to check out To Grad From Dad by renowned strength coach Dan John.

To Grad From Dad is the most comprehensive guide to strength training for young athletes ever written. This book provides everything you need to know to help your child develop strength, power, and athleticism. John covers everything from the basics of strength training to advanced techniques that can help your child take their performance to the next level.



To Grad from Dad by Dan John

★★★★☆ 4.8 out of 5

Language : English
File size : 97 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 42 pages
Lending : Enabled

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One of the things that makes To Grad From Dad so unique is John's focus on teaching young athletes how to move correctly. John believes that proper movement is essential for developing strength and athleticism. He

provides detailed instructions on how to perform a variety of exercises, and he emphasizes the importance of good form.

In addition to teaching proper movement, John also provides a wealth of information on how to design and implement a strength training program for young athletes. He covers everything from the frequency and duration of training sessions to the types of exercises that are most effective for different age groups. John also provides a number of sample programs that you can use to get started.

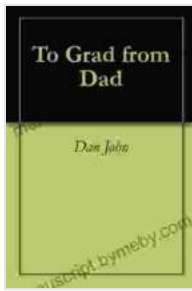
If you are serious about helping your young athlete reach their full potential, then you need to read *To Grad From Dad*. This book is a comprehensive guide to strength training for young athletes that will provide you with everything you need to know to help your child succeed.

Here are just a few of the things you will learn from *To Grad From Dad*:

- The basics of strength training
- How to teach young athletes how to move correctly
- How to design and implement a strength training program for young athletes
- A number of sample programs that you can use to get started

To Grad From Dad is a must-read for any parent, coach, or athletic trainer who wants to help young athletes reach their full potential.

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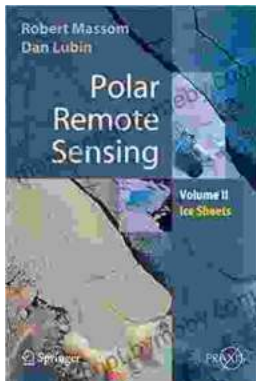
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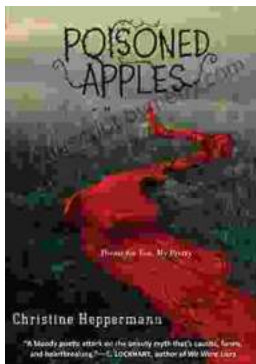
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