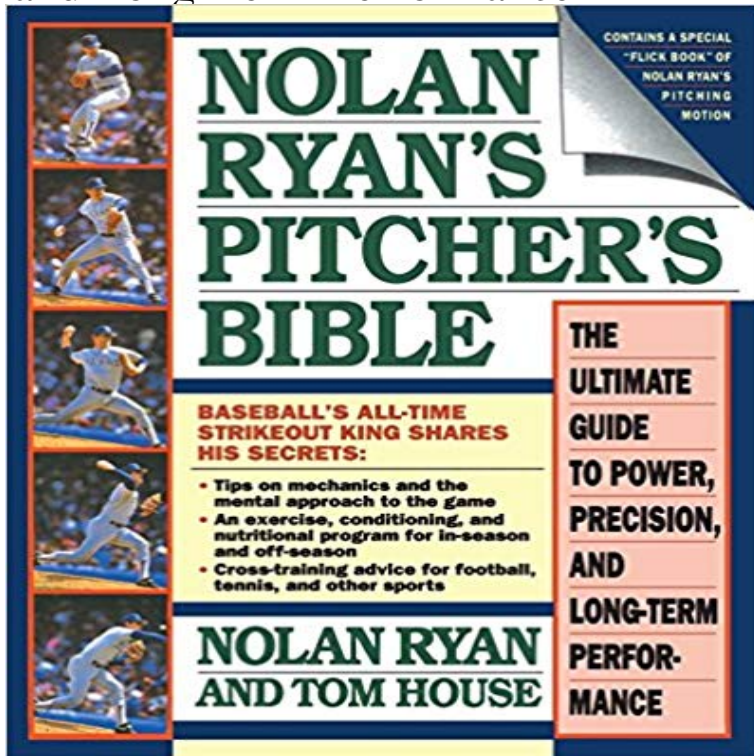


# Nolan Ryans Pitchers Bible: The Ultimate Guide to Power, Precision, and Long-Term Performance



How does Nolan Ryan still do it? At forty-three 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 twenty-four 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 of Ryans pitching strategy how he prepares himself mentally for a game, an analysis of his pitch selection for different types of hitters, and how he applies his training regimen to improving his effectiveness on the mound. Illustrated with black-and-white photos of Ryan in action, along with photos and line drawings of the recommended exercises, Nolan Ryans Pitchers Bible is the ultimate book on pitching, by the ultimate pitcher.

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