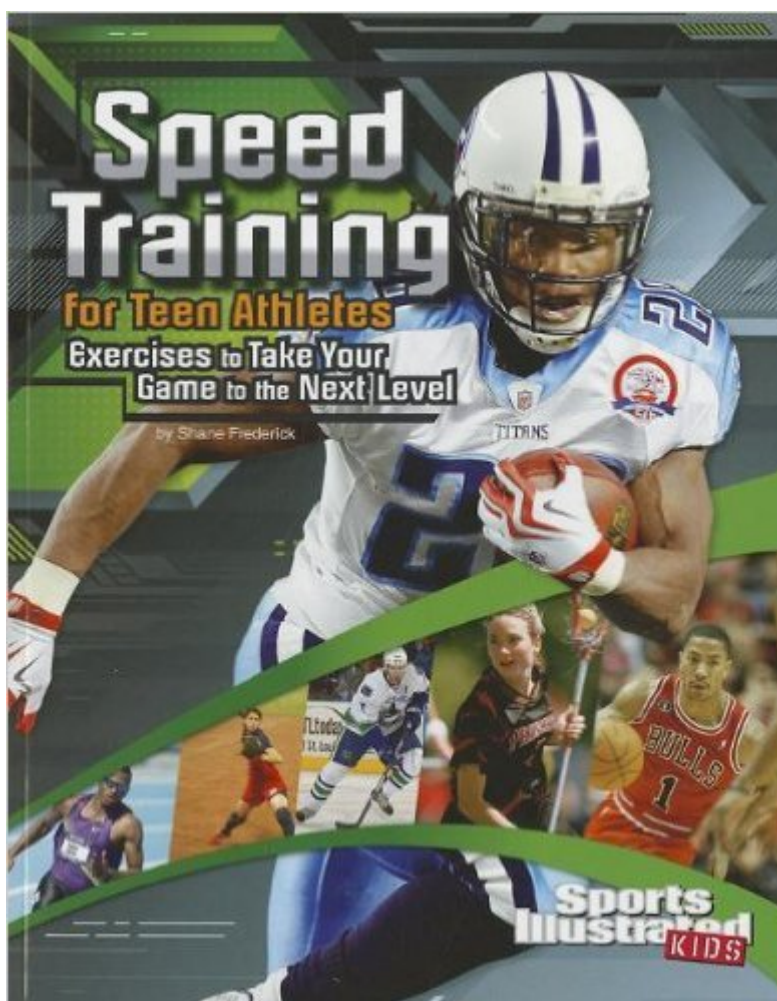


The book was found

Speed Training For Teen Athletes: Exercises To Take Your Game To The Next Level (Sports Training Zone)



Synopsis

Speed and agility are important in almost any sport. But to get faster, you don't have to resort to getting on the treadmill. Use these quick and easy exercises to gain an extra step heading downfield for a pass, zoom around the bases, or skate at a breakneck pace. With a little speed training, you'll soon blow past your opponents!

Book Information

Lexile Measure: 900L (What's this?)

Series: Sports Training Zone

Paperback: 48 pages

Publisher: Capstone Press (February 1, 2012)

Language: English

ISBN-10: 1429679999

ISBN-13: 978-1429679992

Product Dimensions: 7.7 x 0.2 x 9.8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,300,981 in Books (See Top 100 in Books) #74 in [Books > Health, Fitness & Dieting > Teen Health](#) #159 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #4499 in [Books > Children's Books > Sports & Outdoors](#)

Age Range: 10 - 14 years

Grade Level: 4 - 5

Customer Reviews

My middle school grandson loved the book! I would recommend it for parents and grandparents or any relative for preteen and/or teenage boys with an interest in sports or physical training.

Great book!

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