

The Strength and Conditioning Bible: How to Train Like an Athlete

By Nick Grantham

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Professional athletes' careers and livelihoods depend on results, so when they train they make sure to get the most from their training sessions. In *The Strength and Conditioning Bible*, experienced trainer Nick Grantham introduces you to performance-based conditioning, explaining why athletic-based strength and conditioning training programs are superior to all other training methods. By following the training S&C strategies and principles used by elite athletes he shows that, regardless of your current fitness and exercise experience, anyone can train like an athlete.

Providing a strong scientific rationale for an athletic approach to training so that you can develop a better understanding of physical preparation, *The Strength and Conditioning Bible* gives you the key elements of an integrated performance-conditioning program that will elevate your training program to a new level. Using this sixteen-week, four-stage plan that balances total-body strength, endurance, mobility, balance, coordination, and athleticism, you will be able to develop a customizable and realistic fitness program and enjoy productive and pain-free workouts for years to come.

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The Strength and Conditioning Bible: How to Train Like an Athlete By Nick Grantham Bibliography

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Editorial Review

Review
If you'd like to make 2016 the year you finally get the body of your dreams, then strength and conditioning coach Nick Grantham can help. In this book, he reveals the training secrets and principles used by top athletes - you'll be planking like a pro in no time. The Sun By far the best way to train. Coach You can really count on The Strength & Conditioning Bible to not only explain what to do and how to do it, but also why you're doing it... The workouts will allow you to train your body from head to toe in a fuss-free, effective way. Women's Fitness

About the Author
Through his work as a Performance Enhancement Specialist in high-performance sports, **Nick Grantham** has gained a reputation for excellence. He has over fifteen years of experience in the development of high-performance fitness and sport science service to Commonwealth, European, World, and Olympic medalists. Nick has also written for *Men's Health*, *Men's Fitness*, *Maxim*, *Four Four Two*, *Fighting Fit*, *Peak Performance*, as well as a monthly column in *Sports Injury Bulletin*.

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