



Baseball Training: The Pros' Guide to Becoming Bigger, Faster, Stronger

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Having spent the past four years recording hundreds of training sessions by some of Major League Baseball's best athletes, the editors of STACK have built a library of grueling workouts, training secrets, and nutritional tips used by America's professional diamond greats. This book gives an inside look at the best workouts, together with instructions and advice from 10 of pro baseball's most prolific and well-conditioned players and their coaches. The pros' training methods are compiled into detailed workout programs, with step-by-step exercise descriptions, that will improve on-field performance in the safest and most effective ways possible. Reader's will read of actual workouts performed by numerous high-profile MLB players, including David Wright, Derek Lee, Dustin Pedroia, Johan Santana, Jimmy Rollins, Carl Crawford, Justin Morneau, Justin Verlander, and more. The workouts in *Baseball Training: The Pros' Guide to Becoming Bigger, Faster, Stronger* provide direction on how to improve speed, strength, power, agility, flexibility, and conditioning. Readers will also be inspired by encouraging stories, motivational techniques, and training perspectives behind these athletes' rise to stardom.

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