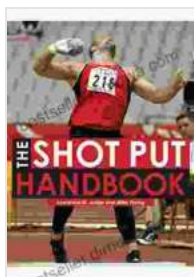


The Shot Put Handbook by Larry Judge: A Comprehensive Guide to Mastering the Shot Put

The shot put is a track and field event that involves throwing a heavy metal ball as far as possible. It is a challenging event that requires a combination of strength, speed, and technique.



The Shot Put Handbook by Larry Judge

★★★★☆ 4.5 out of 5

Language : English
File size : 6592 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 202 pages



The Shot Put Handbook by Larry Judge is the definitive guide to mastering the shot put. This comprehensive guide covers everything you need to know about the shot put, from the basics to the most advanced techniques.

Judge is a world-renowned shot put coach who has coached some of the world's best athletes. In this book, he shares his secrets for success. He covers everything from the proper grip and stance to the techniques for generating power and accuracy.

The Shot Put Handbook is illustrated with over 200 photos and diagrams. These visuals help to make the instructions clear and easy to follow.

Whether you are a beginner or an experienced shot putter, The Shot Put Handbook is the essential guide to improving your performance.

What's Inside The Shot Put Handbook?

The Shot Put Handbook covers everything you need to know about the shot put, including:

- The basics of the shot put, including the grip, stance, and throw
- Advanced techniques for generating power and accuracy
- Training programs for all levels of athletes
- Nutrition and recovery tips
- Mental preparation for competition

Who is The Shot Put Handbook For?

The Shot Put Handbook is for anyone who wants to improve their shot put performance. Whether you are a beginner or an experienced athlete, this book has something to offer you.

If you are a beginner, this book will teach you the basics of the shot put and help you to develop a solid foundation. If you are an experienced athlete, this book will help you to refine your technique and take your performance to the next level.

About the Author

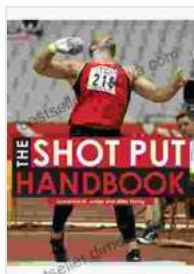
Larry Judge is a world-renowned shot put coach who has coached some of the world's best athletes. He is the author of several books on the shot put, including The Shot Put Handbook.

Judge has a wealth of knowledge and experience in the shot put. He has coached athletes to Olympic and world championship medals. He is also a sought-after speaker and clinician.

Free Download Your Copy Today!

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