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BASKETBALL TRAINING: THE PRO'S GUIDE TO BECOMING BIGGER, FASTER, STRONGER



Triumph Books. Paperback. Book Condition: new. BRAND NEW, Basketball Training: The Pro's Guide to Becoming Bigger, Faster, Stronger, Stack Media, One glance at his near-perfect physique makes it hard to believe that Dwight Howard had his doubters while playing at Southwest Atlanta Christian Academy. Once a scrawny underclassman, the NBA superstar has transformed himself into the NBA's most intimidating, high-flying athlete--thanks to safe and effective training, which both sculpted his muscular frame and boosted his on-court performance to amazing levels....

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