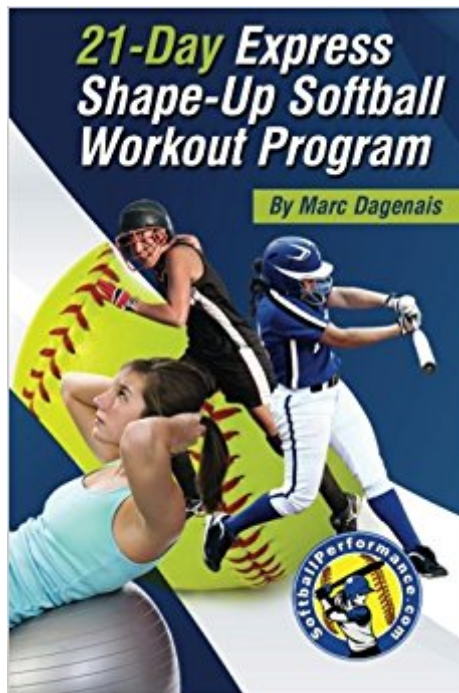




The book was found

21-Day Express Shape-Up Softball Workout Program



Synopsis

Softball conditioning - get fitter, stronger, faster and more powerful in only 21 days! You know, no matter their age and level, today's softball players need to have more speed and power than ever before to stay competitive and not being in tip top shape can hurt your game. Many people don't think it's possible to get fit in a short period of time. While it's always better to workout over a longer period of time if you truly want to maximize your physical potential, it's still possible to make quick gains in strength, power, and speed in a short period of time. It's possible as long as the program is intense and that you work hard the whole time. After getting many requests over the years, Coach Marc decided to put together the ultimate express softball workout program. A program specifically designed for softball players who want to get fitter fast but don't have that much time. This express workout program was designed with the following things in mind: you don't have much time, you want something super effective, you want results fast, and you want something simple and easy to follow. This 21-Day Express Shape-Up Softball Workout Program is the ultimate program to get you in great softball shape fast. The program only takes 30 minutes per day, 6 days a week, for 3 weeks. That's it! It's dead simple to use. It uses great and very effective exercises. It comes with illustrations and details instructions. With this program, there is absolutely no reasons why you can't get fit for this season! You have no more excuses!

Book Information

Paperback: 30 pages

Publisher: CreateSpace Independent Publishing Platform (November 24, 2015)

Language: English

ISBN-10: 1519213034

ISBN-13: 978-1519213037

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 3.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 9 customer reviews

Best Sellers Rank: #827,276 in Books (See Top 100 in Books) #54 in Books > Sports & Outdoors > Softball

Customer Reviews

This is a 28 page book with 21 pages of content. The first page starts at page "8." The font is large and the book measures about 5"x9". The content is very high level and doesn't go very deep into what muscles are being worked on. It only skims over why each exercise is important. This is not

worth the \$14+ cost and really should be a pamphlet that runs about \$3. However, it's a good foundational start to something more if the author expands it and the limited content is useful although available elsewhere for free.

I'd give it 6 stars if I could. I use this with my daughter and her friends to prepare them for the upcoming season!

The book is not worth the money. The information contained within can be found in other sources to included the Internet for free. The book is about 26 pages long. The author could have used more pages to add detail and explain the workouts thoroughly. I wouldn't recommend this book.

Have used some of the exercises already. Look forward to seeing the results.

After checking this out I can honestly say that the program does indeed provide a great program for softball players who may have waited too long to prepare for the upcoming season and do not have much time left or just looking for a new way to train and prepare for their sport. Either way, as Marc mentions, this is for the serious softball player who basically wants to crank up their game. I looked at all the exercises and if followed as instructed and the athlete does not miss a workout they will see very noticeable results. If they do not notice results then they are most definitely not followed the program as described. What I also like is the diagrams of the exercises. They are not just shown in a single format they show how the actual movement takes place. For just \$14.95 there is no way you can go wrong. Think of how much it would cost to hire a trainer for this info and for 21-days. Much more than \$14.95, plus you have it with you at all times. Most definitely a buy for someone looking to change their game who also do not wish to spend a ton of money. Barry Lovelace Sports Performance Trainer

Marc Dagenais is a well-known expert on fitness for fastpitch softball, and with this book he once again demonstrates why. While he acknowledges in the beginning that the best approach is to maintain fitness year-round, he also is realistic enough to admit not everyone will do that. For players who suddenly realize they need to get in game shape and don't have a lot of time to accomplish it, this book offers a great path to fitness. One of the best things is rather than providing a generalized set of exercises, Marc uses his experience to deliver just what a softball player will need. He focuses on power and explosiveness, two key factors for success. Another good thing

about the program is you don't need a lot of expensive or hard-to-access equipment. The program is designed to let players work out at their own convenience, mostly with things they already own (or can improvise around). For example, one of the workouts calls for four cones, but four of any object will work just as well. If you have three weeks to get ready for the season and want to be sure you show up ready to play, you'll want to buy this book. It's also great for coaches who need to get an entire team in shape, by the way!-- Ken Krause, Softball Success

First how can you go wrong on \$14.95. Marc, has put together a great reference for any coach at ALL level's of play to include giving parent's the most updated and how to book on "Doing It right." Marc, is known world wide for his expertise in health and conditioning, and I must say especially in Softball. As a coach I don't have time to read a lot of detail "Stuff." information. I want to get to the bottom line so I can work with my players on the details. This book provides me this and more. If you just try the work out and be dedicated to it 100% and it does accomplish the results the price of the book is worth more to me then what I paid for it. I think coach's and parent's need to use the publication as a quick means showing them the "How to method" of getting ready for the season. I've known to many players that wait till the last minute to get in playing shape, and we know you just can't do that. This book will help you do just that if it's applied. I would recommend this book to everyone. IT WORKS!!Jerry Johnsonjerryfastpitch

I bought this for my 13-year-old daughter for Christmas. She's done the program twice now (6 weeks) and she's in much better shape than she was. She's stronger and her pitching said she gained 2 mph (she's also done the optional throwing velocity workout). She's super excited about it. What she likes most about it are the fun exercises and the short workouts. What I like about it is that we can do it at home with just minimal equipment! You can carry the booklet with you every year you go.

[Download to continue reading...](#)

21-Day Express Shape-Up Softball Workout Program Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Drawing Animals Shape by Shape: Create Cartoon Animals with Circles, Squares, Rectangles & Triangles (Drawing Shape by Shape series) Softball Fielding Drills: easy guide to perfect your softball fielding today! (Fastpitch Softball Drills) Bluebook 60 - Fastpitch Softball Rules - 2017: The Ultimate Guide to (NCAA - NFHS - USA Softball / ASA - USSSA) Fast Pitch Softball Rules Softball Hitting Drills: easy guide to perfect your softball hitting today! (Fastpitch

Softball Drills) The Complete Book Of Softball Drills: easy guide to perfect your softball drills today! (Fastpitch Softball Drills) Softball Pitching Drills: Great Pitching Drills for Fastpitch Softball (Fastpitch Softball Drills) Softball Catchers Drills: easy guide to perfect your softball catching today! (Fastpitch Softball Drills) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Squats: The Best Butt Workout Revealed - How to Sculpt the Most Voluptuous Butt Ever with Squats (30, 60, & 90 Day Workout Plans) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) The Softball Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Softball Field Softball Basics: All About Softball Softball Base Running Drills: easy guide to perfect your base running today! (Fastpitch Softball Drills) Bluebook 60 - Fastpitch Softball Rules - 2016: The Ultimate Guide to (NCAA - NFHS - ASA - USSSA) Fast Pitch Softball Rules Blue Book 60 - Fast Pitch Softball Rules - 2015: The Ultimate Guide to (NCAA - NFHS - ASA - USSSA) Fast Pitch Softball Rules

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)