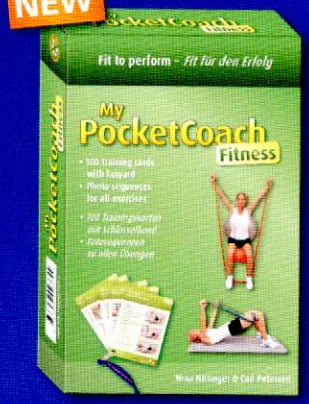
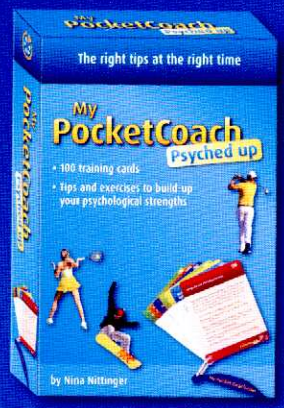
NEUER SPORTVERLAG

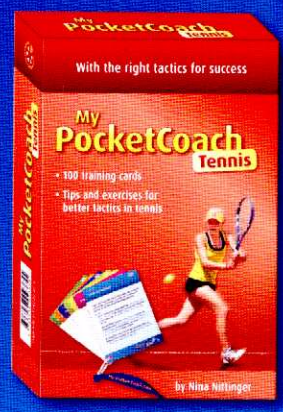
My-Pocket-Coach E-Books

E-Book
Available on the iBookstore

NEW







My-Pocket-Coach Fitness
NEW: Release Date 09/2013
Ebook, ISBN 978-3-938023-78-5
USD 12,99 (EUR 9,99)

My-Pocket-Coach Psyched-up
Ebook, ISBN 978-3-938023-73-0
USD 12,99 (EUR 9,99)

My-Pocket-Coach Tennis
Ebook, ISBN 978-3-938023-74-7
USD 12,99 (EUR 9,99)

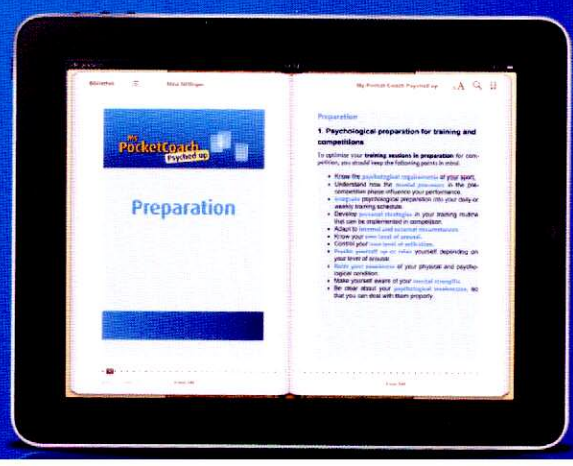
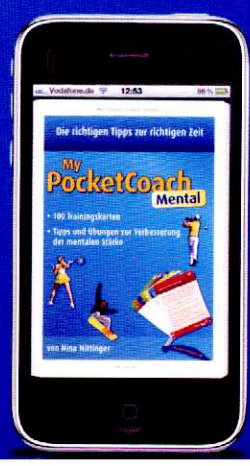
My-Pocket-Coach is the ultimate tool for athletes and trainers to improve mental, physical and tactical strengths in training and competition. Mental strength, fitness and tactical finesse play an enormously important role in optimizing or maintaining sporting capabilities.

My-Pocket-Coach Psyched-up lets athletes from all sports quickly acquire important awareness about psychological aspects. Practical exercises help to build up specific mental strengths. My-Pocket-Coach always gives you the right tips for those decisive moments, whether in training or in competition.

My-Pocket-Coach Tennis is the effective advice for every tennis player, as it provides solutions to help succeed in difficult situations. My-Pocket-Coach Tennis gives ambitious players tactical match tips that help lead to victory. A player that wants to win a match needs to understand how to beat their opponent.

My-Pocket-Coach Fitness is a dynamic fitness training series that includes multi-core exercises for both upper and lower body. It is a useful training tool for athletes and individuals of all ages and varied fitness levels from developing athletes to adults. If you are looking for innovative, evidence based exercises to enhance your training routine this is the perfect fitness coach for you. It targets functional exercises that work the bodies muscle slings in closed and partially closed kinetic chain movements. This series initially focuses on **'Basework & Bridging'** exercises in lying, supine, prone, quadruped and seated bridge positions to form the foundation of your core stability training. The exercises then progress to **'Balls & Bands'** offering the user a practical, hands-on approach using elastic resistance, medicine balls, physio balls and balance equipment to provide enhanced functional core stability training. The next progressions further improve three dimensional core stability by **'Connecting the Core'** with a variety of sport specific exercises in different squat positions. The final exercises focus on upper core and shoulder stability to help enhance rotator cuff stability.

The Authors

Nina Nittinger
Tennis & Conditioning Trainer Level A

Carl Petersen
Physiotherapist / Director of High Performance Training