



Build a Better Athlete: What's Wrong with American Sports and How To Fix It

Michael Yessis

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Are great athletes born or does practice make perfect? Are science and technique just as important as athletic ability? The truth is that anyone can improve their athletic performance. This book shows you how in simple and easy-to-read format. Renowned biomechanist/kinesiologist Dr. Michael Yessis dissects the current standards of physical training and explains how athletes of all levels can apply scientific techniques to develop their physical abilities to the highest level.

Build a Better Athlete is now offered in continuing education credits for NSCA and ACE.

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