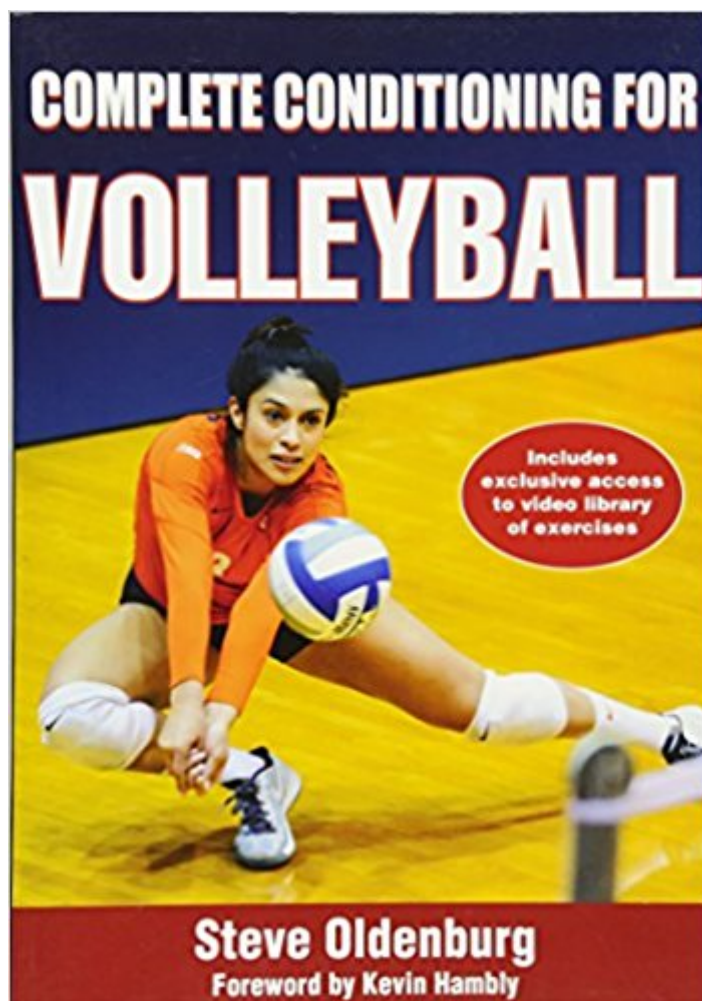


The book was found

# Complete Conditioning For Volleyball



## Synopsis

From more powerful attacks to higher block points at the net, you will reach new levels of performance on the court with Complete Conditioning for Volleyball. In this one-of-a-kind video-enhanced resource, University of Illinois volleyball and strength and conditioning coach Steve Oldenburg provides you with access to the elite-level training that has helped the Fighting Illini become one of the most powerful Division I programs in the country. In Complete Conditioning for Volleyball, youâ™ll learn to evaluate your current conditioning level and use those results to construct an individualized training program that emphasizes the development of your weakest areas. Armed with 184 exercises, youâ™ll be able to improve every aspect of your game to become an improved all-around player. Complete ready-to-use programs are included for immediate implementation for preseason, in-season, and off-season training. With the accompanying video-on-demand content, youâ™ll have access to enhanced demonstration of 42 exercises to ensure proper execution and allow you to experience maximum benefits. Before you hit the court for your next match, add a copy of Complete Conditioning for Volleyball to your locker so you can become a dominant player on both ends of the court and lead your team to victory!

## Book Information

Series: Complete Conditioning

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Average Customer Review: 4.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #195,031 in Books (See Top 100 in Books) #16 in Books > Sports & Outdoors > Other Team Sports > Volleyball #381 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

"So many coaches are confident in teaching the technical skills of volleyball. However, the confidence is not as high with developing the physical component of athlete. Complete Conditioning for Volleyball will allow coaches to confidently develop a program that will provide their

athletes with the best physical training available that will improve performance and reduce injuries".

Jim Stone-- Volleyball Training Solutions

Steve Oldenburg has been an assistant strength and conditioning coach for the University of Illinois since 2004. In his current position, he oversees women's volleyball, women's soccer, men's tennis, and men's golf. He has also worked with football, men's and women's basketball, women's tennis, women's golf, softball, and baseball. Collectively, his Illinois teams have won seven Big Ten titles and participated in two national championship games. Before coming to Illinois, Oldenburg was the strength and conditioning coach for the Grand Rapids Force of the United States Professional Volleyball League (USPV). Oldenburg is a certified strength and conditioning specialist through the National Strength and Conditioning Association. He graduated from Central Michigan University in 2001 with a bachelor of science degree in health fitness with focus on prevention and rehabilitation. Oldenburg and his family reside in Champaign, Illinois.

Lists exercise then how to perform exercise. Not for the average coach who wants to know why and what the benefits are. Very informative.

Great book. Easy to follow and apply. I am using it for my club team for additional training tips during and after practice.

Very technical... Enjoyed the section on mobility. Use several of the exercises and drills weekly.

Great!!

Product is exactly as advertised and arrived slightly early! Excellent transaction!

I am looking forward to implementing this information into my volleyball program this year. Thanks!

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