



Fit to Hit: Performance Training for the Sport of Baseball (Paperback)

By MR Sean M Cochran

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Fit to Hit changes the landscape of athletic conditioning and performance training for the sport of baseball. This groundbreaking work presents the latest and most effective philosophies, protocols and programming for the sport of baseball from Sports Performance Coach Sean Cochran. Sean Cochran with his over 15 years of experience in professional athletics, positions with 2 MLB organizations, the training of multiple world renowned athletes, and multiple 1st round draft choices will provide you the tools as a ball player needed to excel in this game. Over 200 pages of baseball specific conditioning information are found between the covers of this book, covering everything from the biomechanics of hitting to speed and agility training for the sport of baseball. Every exercise, training protocol, and programming piece you need to advance your playing career are provided by Sean in this book.



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