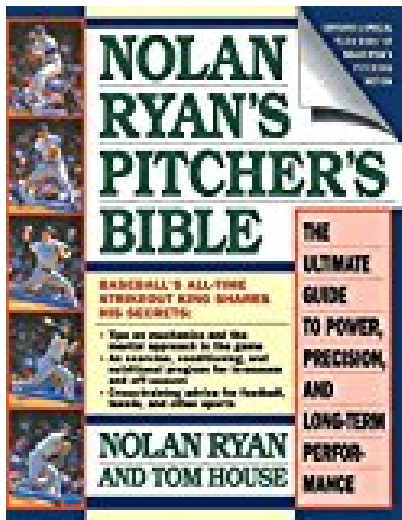


Nolan Ryans Pitchers Bible The Ultimate Guide to Power Precision and Long-Term Performance



BOOK DETAILS

- Author : Tom House
- Pages : 176 Pages
- Publisher : Touchstone
- Language : English
- ISBN : 0671705814



BOOK SYNOPSIS

Offers advice on the mechanics of pitching, and recommends a program of weight training, aerobic exercise, and sound nutrition

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