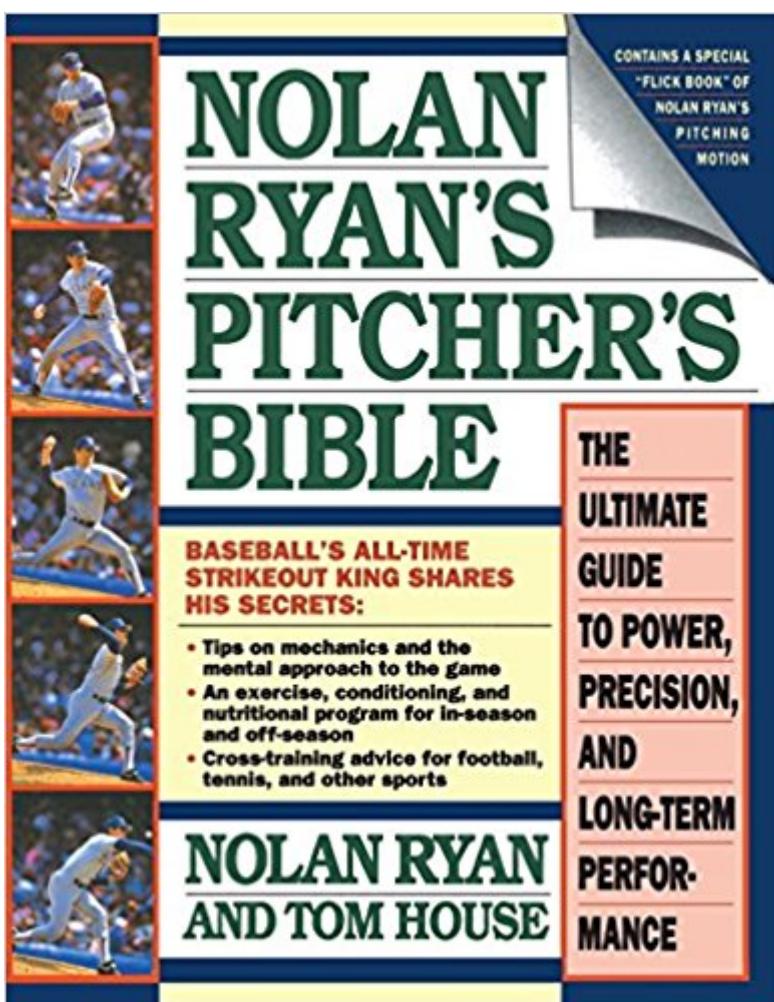


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# Nolan Ryan's Pitcher's Bible: The Ultimate Guide To Power, Precision, And Long-Term Performance



## Synopsis

How does Nolan Ryan still do it? At forty-three years old, Nolan Ryan is a marvel. He is still blowing his fastballs by hitters at an age when most pitchers have long since retired—or have learned to depend on guile instead of power. But the Ryan express keeps chugging on, getting more unhittable, not less. Nolan Ryan's Pitcher's Bible tells us the secrets of Ryan's success. Drawing on Ryan's practical experience and Tom House's research expertise, it shows how the right combination of exercise and motivation can help a pitcher develop to his greatest potential. Nolan Ryan's Pitcher's Bible includes: -Nolan Ryan's complete fitness program for pitchers—including weight training, aerobic exercise, and diet—based on the latest scientific research and his twenty-four years of experience as a major leaguer. -The most up-to-date methods for preventing arm injuries by establishing proper mechanics, a conditioning base, and throwing work loads. -A timetable for keeping a pitcher in top shape year-round, including specific exercise intervals to meet the individual strength demands of each pitcher's throwing motion, maximum velocity, and maximum weekly number of pitches. -An in-depth presentation of Ryan's pitching strategy—how he prepares himself mentally for a game, an analysis of his pitch selection for different types of hitters, and how he applies his training regimen to improving his effectiveness on the mound. Illustrated with black-and-white photos of Ryan in action, along with photos and line drawings of the recommended exercises, Nolan Ryan's Pitcher's Bible is the ultimate book on pitching, by the ultimate pitcher.

## Book Information

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## Customer Reviews

Tons of pitching information but Nolan really kind of only goes "skin" deep. The physical preparation is superb, it describes and shows detailed pictures of Nolan's entire workout regimen and it is quite a workout, even for non ball players. The part that I was really disappointed in was the diet portion, I get that he was one of the greatest pitchers of all time but when talking about what to eat for breakfast, he often says something like "I ate a lot of fruit" & "I get room service to bring it early." Uhm, none of us have room service.... So should I just eat an entire watermelon? I just wish him and Tom would have gotten more in depth on some of the technical stuff, especially when you call it a "pitching bible". That implies to me that I should be able to follow it like a blueprint to replicating an MLB career but I guess I just felt like they left a few things out. With that being said it dwarfs other books on the subject because it includes Nolan's entire weight training program, stretching, tension bands & ab workout. Good book but falls short of the greatness to be expected from Nolan Ryan.

i got this book the same time i got Tuff Cuff for my son. the workouts in this book are basically the same as Tuff Cuff (although not nearly as in depth). what sets this book apart is Nolan's explanation of the mental side of the game, preparing mentally for the game and planning one pitch to the next. Tuff Cuff covers everything except the mental preparation. this is a great book to pair with Tuff Cuff, so you can prepare for both aspects of the game at the same time. if you do the Tuff Cuff work-outs and use Nolan's mental approach, you are ahead of anything the competition might try to throw at you

This is now a classic but in my teenage years this was some cutting edge stuff. Tom House was one of the first trainers to recommending resistance training for pitchers. I can remember refusing to do push ups in PE class when I was younger in fear that it would affect my development as a pitcher. Of course weightlifting in baseball is now common place and has been proven 100 times over to be an effective way of not only improving velocity but increasing recovery time and reducing overuse injuries. Much of what's in this book is outdated but I think credit should be given for how far ahead of the game they were at the time.

I honestly was hoping for a little more. Specifics about pitching motion were not as prevalent as I hoped. There was a lot of good information about Nolan Ryan, how he trained, how he thought etc. This was very interesting, but not what I was expecting. There was a lot of information on Nolan Ryan's work out habits and nutrition. Again, it was interesting, but just not what I was hoping. I was thinking that it would have more details on the pitching motion, holding the ball etc. This book was

almost more of a Nolan Ryan biography.

The stretching exercises shown in the book, make it a vital resource.

Good book

Wonderful read!

I read this years ago and Nolan was one of the first to get it right. Someone will always have a new slant on pitching but I would strongly recommend this read to understand what a pitcher needs to do to care for his body properly and get the most out of the time you get to play the game.

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