

Interactive Basketball Drills - (2) Pocket Sized books & (2) Interactive DVDs - by former NBA Draft Pick



How many times have you gone to the court by yourself, or with a friend with the intention of working out and improving your game, but did not know what to do? Hours of time can be wasted just shooting around, or using drills that you learned from practice, or from a conventional workout book. The 1 & 2 Player Interactive Workout Books contain proven workout combinations that will maximize your time spent on the court. The 2 Player Interactive Workout Book is a fantastic way for two players to workout together efficiently. This workout is also a great way for coaches, or parents, to put players through a great workout. The 1 Player Interactive Workout Book provides excellent drills that you can use when you are working out on your own. This workout is also helpful for coaches who want to tailor their players workout during the season and off season. Each workout book provides you with a pocket-size tool that you can bring with you to the court. The books will guide you in selecting your workout, help you keep track of the drills used in your workout, and help you monitor your progress in order to reach your goals. These books also contain a diagram of each drill, as well as a tracking sheet designed especially for that particular drill. Instructions on how to perform each drill is also located within the book.

BONUS! EACH BOOK COMES WITH ITS OWN INTERACTIVE DVD. **WARNING!** This is not a video taught by a legendary coach, or by superstar athletes. This system was developed by an average player who worked hard and smart to become an NBA draft pick.---This is a system that includes live demonstrations of over 60 drills and hundreds of workout combinations.--You do not have to sit through the same boring video every day to view your workout. This is **THE ONLY** product out there that allows you to actually navigate to your specific workout.

This product allows you to tailor your workout to YOUR needs.--This product was developed to actually be used!!!

[\[PDF\] Mixed Martial Arts For Dummies](#)

[\[PDF\] Piers Plowman: An Edition of the C-Text \(York Medieval Text, 2nd Series\)](#)

[\[PDF\] Runes In My Pocket: Divination with the Witches Runes \(The Chronicles of Dr. Shinobi Bombay\)](#)

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