

Strength Training For Fencers


By Harry James


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Strength Training For Fencers By Harry James

The first - and only - book written by a fencer for fencers, this book takes you through every step of the strength training process from the core to each of the muscle groups, and from static to dynamic and balance-challenging exercises. It's a must for the library of every serious fencer. Harry James is a certified fitness trainer, a fencer, and the long-time fencing coach at Somerville High School in New Jersey. The book is profusely illustrated to clarify each stage of each exercise.

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Editorial Review

About the Author

Harry James is a certified physical fitness trainer and for many years has been the head coach of boys' fencing at Somerville High School in New Jersey.

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Earl Austin:

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