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Basketball Anatomy

Brian Cole, Rob Panariello



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See what it takes to maximize on-court power, strength, agility, and quickness. Basketball Anatomy will show you how to improve performance by increasing muscular strength and optimizing the efficiency of every movement.

Basketball Anatomy features 88 of the most effective basketball exercises, each with step-by-step descriptions and full-color anatomical illustrations to show the muscles in action.

Basketball Anatomy goes beyond the exercises by placing you on the court and into the throes of competition. Illustrations of the muscles involved in pivoting, rebounding, and shooting show you the exercises are fundamentally linked to basketball performance.

You'll also step off the court and into the training room to explore the anatomy of the most common injuries to the ankle, knee, and shoulder as well as exercises for minimizing and recovering from such setbacks.

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