

Library of Congress Cataloging-in-Publication Data

Brzycki, Matt.

Conditioning for basketball / Matt Brzycki and Shaun Brown.

p. cm.

Includes bibliographical references (p.).

ISBN 0-940279-56-8

1. Basketball -- training. 2. Weight training. 3. Physical education and training. I. Brown, Shaun. II. Title

GV885.35.B79

93-15176

796.323'07--dc20

CIP