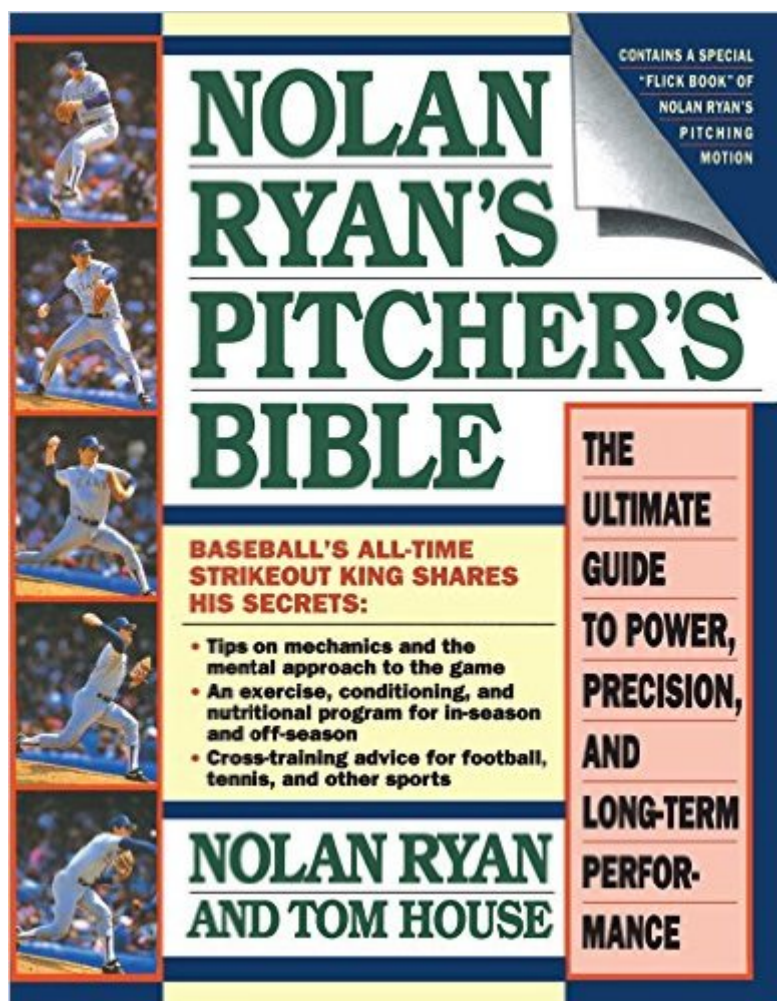


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# Nolan Ryan's Pitcher's Bible: The Ultimate Guide To Power, Precision, And Long-Term Performance



## 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

Well this was a severe disappointment. I was expecting some insight on his mechanics, going into grave detail... The information on pitching form was extremely generic and repetitive. There is absolutely no unique insight that you couldn't get from using an internet search engine. It all comes down to this: keep your weight back during the leg kick (don't move forward), and then have a controlled fall towards the plate. That's about it. Chapter 1 was fluff about his career and Ryan's various coaches, chapter 2 was mostly fluff about mental attitude, and chapter 3 was the only instruction on how to properly throw the baseball. The rest of the chapters were just an "introduction to weight lifting and stretching". Chapter after chapter of what weights to lift, and how to lift them. Don't get me wrong, it isn't bad weight training information... but there are far better weight training books out there and the exercises are not really unique to baseball or pitching. Generic normal exercises, like the ones you'd find in any weight training book (there are only so many ways you can lift a dumbbell). I was looking to the book for some deeper insight into mechanics, and maybe some more illustration of Ryan's form. I wanted to dissect his delivery, and see how his pitching style differed from my own. The book did not deliver. To those other reviews that claim conditioning is the reason Ryan was so successful... I'd say you are partially right. Conditioning is important. It's also very basic. I don't need a book telling me how to do squats or shoulder presses. The act of throwing the baseball, on the other hand, is extremely complicated. This is where you need the most information... This is not an "ultimate guide" to anything.

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