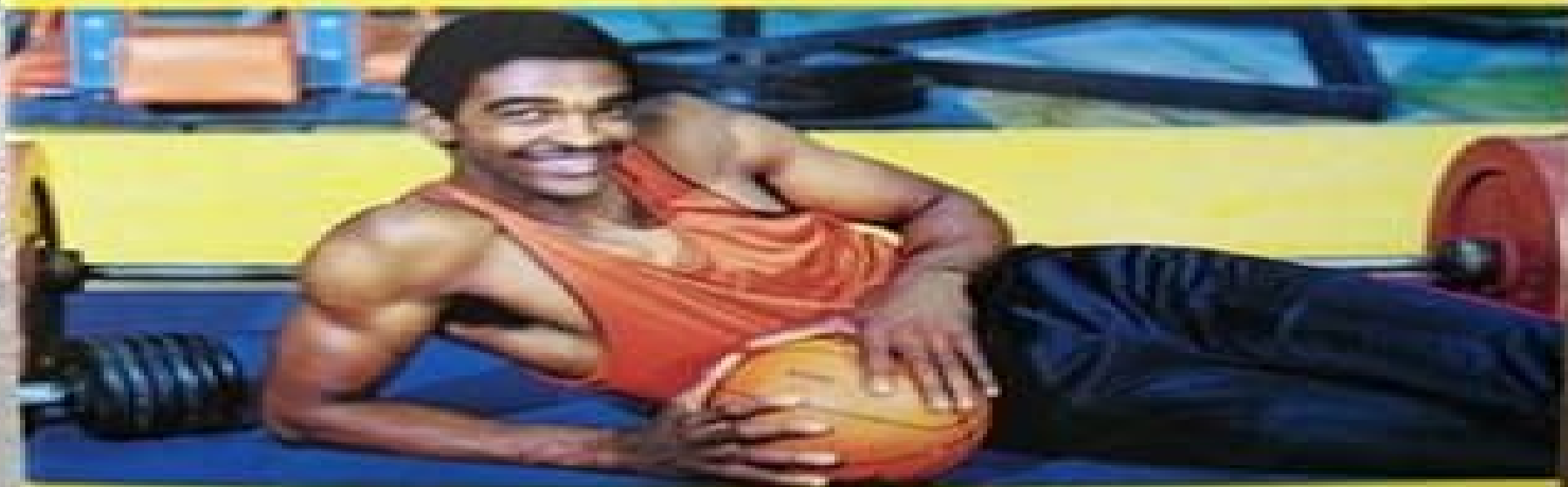


STRENGTH TRAINING & CONDITIONING FOR BASKETBALL

FEATURING
RALPH SAMPSON'S TRAINING PROGRAM

WILLIAM H. DUNN WITH ERNST H. SOUDEK AND JOE GIECK

FOREWORD BY SENATOR BILL BRADLEY



"The strength and conditioning program which Coach Dunn developed and I used at the University of Virginia has been of great benefit to me as a basketball player."
—Ralph Sampson

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