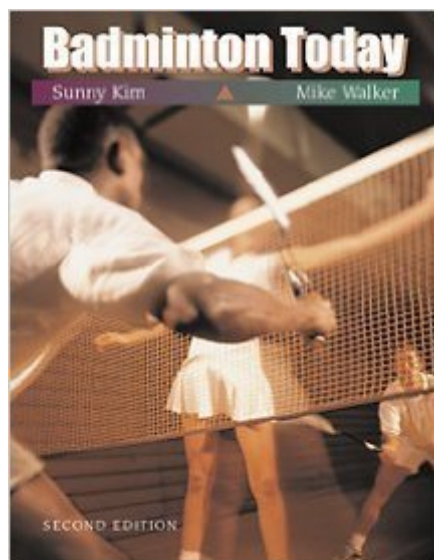


The book was found

Badminton Today (Wadsworth Health Fitness)



Synopsis

BADMINTON TODAY, 2nd Edition covers the basics in every area-from rules and courtesies of the game to the strokes and strategies. The book allows the player to progress from beginning, to intermediate, and to the advanced levels of play. The text also addresses proper conditioning from weight training and stretching to the mental and physical aspects of the game.

Book Information

Series: Wadsworth Health Fitness

Paperback: 112 pages

Publisher: Cengage Learning; 2 edition (June 22, 2001)

Language: English

ISBN-10: 0534552331

ISBN-13: 978-0534552336

Product Dimensions: 10.8 x 8.4 x 0.2 inches

Shipping Weight: 8.5 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #2,144,687 in Books (See Top 100 in Books) #15 in [Books > Sports &](#)

[Outdoors > Racket Sports > Badminton](#) #231 in [Books > Textbooks > Medicine & Health](#)

[Sciences > Nursing > Clinical > Nutrition](#) #355 in [Books > Medical Books > Nursing > Medical Nutrition](#)

Customer Reviews

This book does a great job of teaching basic skills and strategies and giving a good overview of philosophy of the game. the instructions are very clear and the pictures show the exact sequence of movements for proper performance of skills. This book also features drills for improving techniques and conditioning as well as basic strength and flexibility training information. for the true beginner, this book also contains the IBF rules (at the time-setting score needs update). This book took me from a terrible player with no prior knowledge of the game, to an outstanding player. Highly recommended for beginner to intermediate recreational or competitive player.

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Complete guide to how to play badminton, enjoy and play competitive Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness The Color of Justice: Race, Ethnicity, and Crime in America (The Wadsworth Contemporary Issues in Crime and Justice Series) Student Workbook for Zettl's Video Basics, 7th (Wadsworth Series in Broadcast and Production) Broadcast News (with InfoTrac) (Wadsworth Series in Broadcast and Production) Modern Radio Production: Production Programming & Performance (Wadsworth Series in Broadcast and Production) Media, Crime, and Criminal Justice: Images, Realities and Policies (Wadsworth Contemporary Issues in Crime and Justice) The Divine Comedy (Translated by Henry Wadsworth Longfellow with an Introduction by Henry Francis Cary) The Wadsworth Anthology of Drama, Brief 6th Edition The Wadsworth Anthology of Drama, 5th Edition When Words Collide: A Media Writer's Guide to Grammar and Style (Wadsworth Series in Mass Communication and Journalism) Globalization: The Transformation of Social Worlds (Wadsworth Sociology Reader) Matrices With Applications in Statistics (Wadsworth statistics/probability series) Flashcard Study System for the ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review for the American Council on Exercise Group Fitness Instructor Exam The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique Pre- And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise

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