

SPORT AND CONDITIONING

FOREIGN  
RIGHTS  
CATALOG

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FRENCH PUBLISHER

# OUR PUBLISHING HOUSE

**4Trainer** is a French brand and has been very involved in **high level sports** for many years. The brand provides all professional clubs and sport federations with **training equipment**, and has been an official supplier for the National Institute of Sport and Performance (INSEP) for nearly 10 years.

Our **publishing department** is the newest addition to the brand, as it was created in 2012. We have developed a collection specifically based on **sport training and physical conditioning**. This collection is designed for physical trainers, sports coaches, physiotherapists, students, and all athletes. At this time, we have **nearly 80 titles**. Some of them have been produced in collaboration with national sport federations (Judo, Volleyball, Boxing).



## COLLECTION

March 2025

## CONTACT

[editions@4trainer.fr](mailto:editions@4trainer.fr)

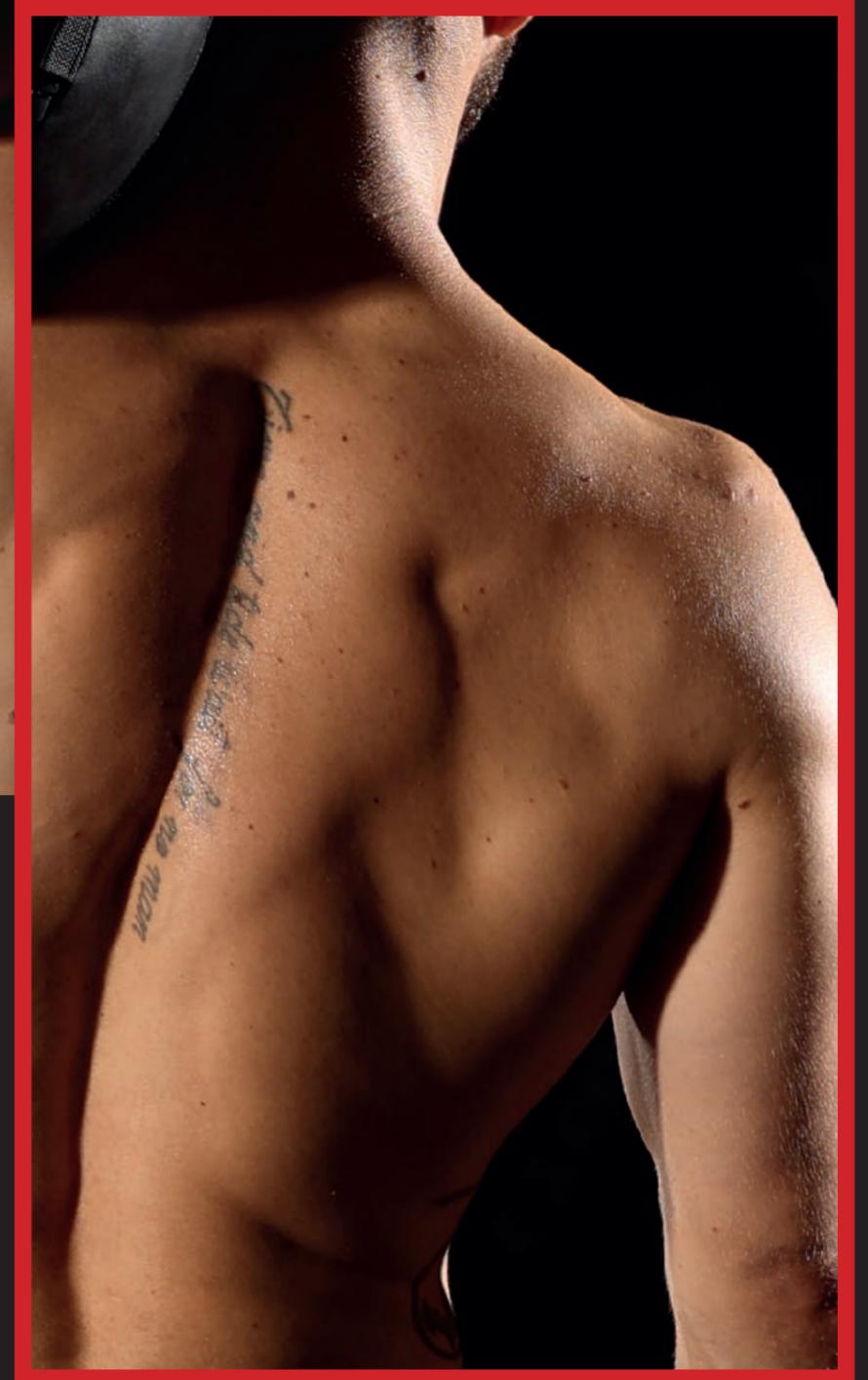
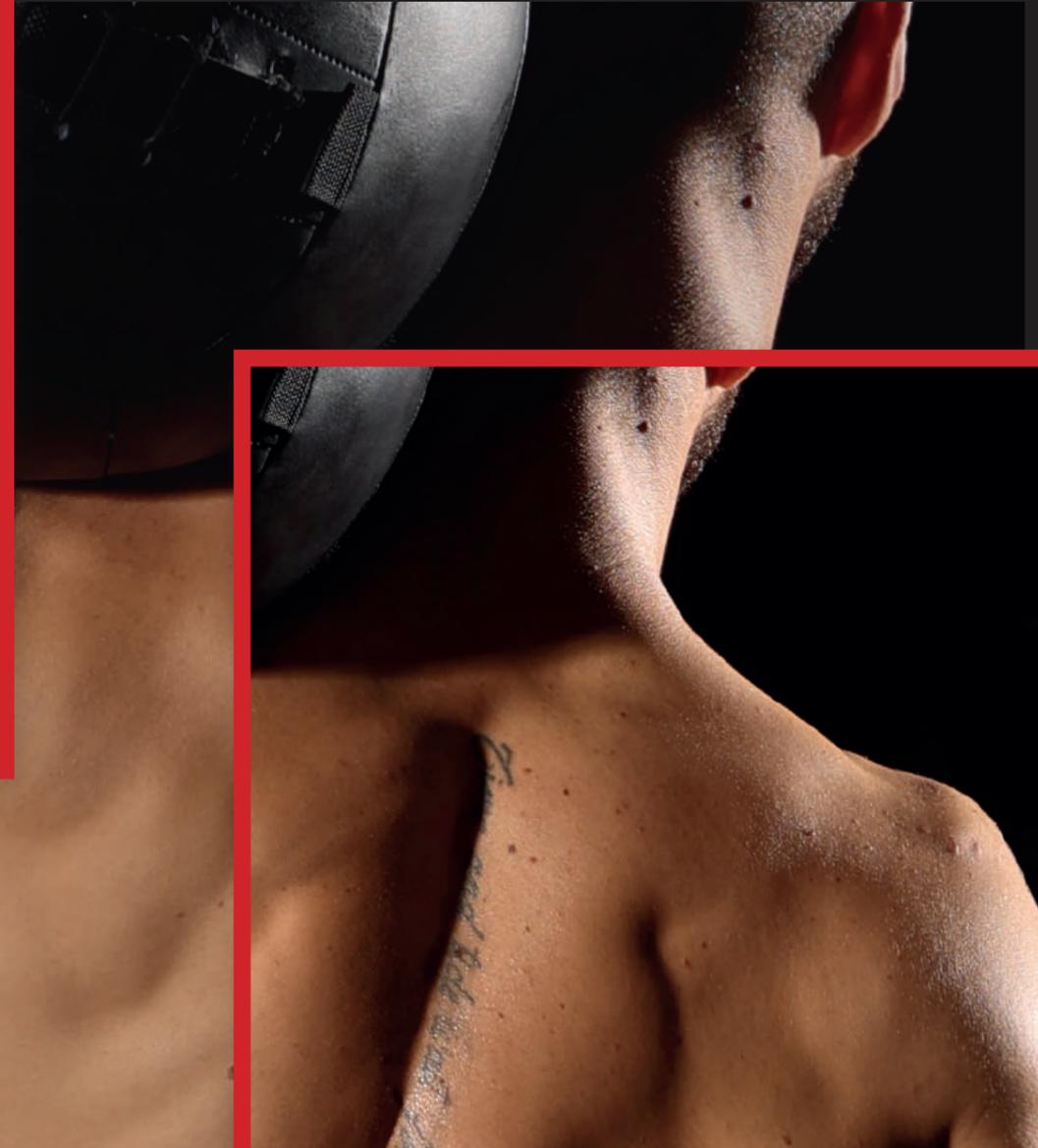
[www.4trainer.fr](http://www.4trainer.fr)



# C O N T E N T S

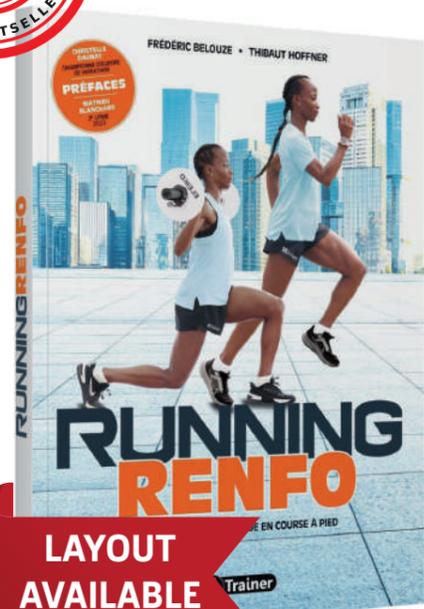
1. NEW RELEASES
2. PHYSICAL CONDITIONING
3. MUSCLE DEVELOPMENT
4. COACH
5. SOCCER
6. JUDO

1



NEW RELEASES

## STRENGTHENING FOR RUNNING



Frédéric Belouze and Thibaut Hoffner

Format: 194 × 255 mm

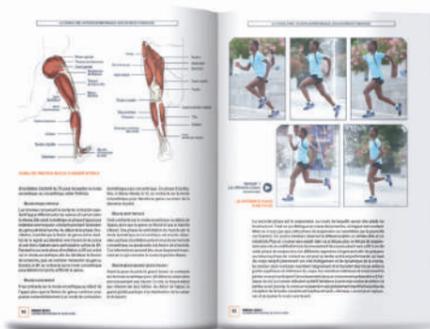
344 pages

Date: 2024

Running Renfo is the first book to focus exclusively on muscle strengthening, mobility, proprioception and plyometrics for runners. The combined expertise of the authors, a top-level trainer and a foot physiotherapist respectively, provides an innovative approach that can be applied directly in the field.

- Optimal screening
- Adapted muscle strengthening: targeted work zones and warm-up protocol
- Focus on mobility, proprioception and plyometrics
- Illustrated exercises and circuit-training sessions
- A chapter dedicated to workload and recovery
- More than 160 pictures and 145 videos!

29.90€



## WARM-UP ROUTINES

Matthieu Andreux and Sabine Juras

Format: 194 × 255 mm

338 pages

Date: 2024

Warm-up Routines is the practical guide that will enable you to personalize your warm-up according to your injury history, preferences and development needs in your sport.

The warm-up phase is often ignored or hated by athletes, but it's crucial to optimizing your performance and reducing the risk of injury.

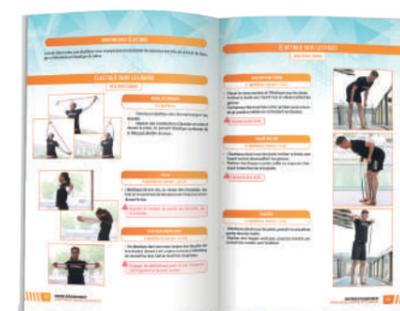
In this comprehensive guide, you'll find:

- organized routines specific to different sports, pathologies or objectives;
- step-by-step instructions for over 60 warm-up exercises;
- expert advice on how to personalize your warm-up routine your warm-up routine to maximize your performance and prevent injury.
- More than 200 pictures and 75 videos !

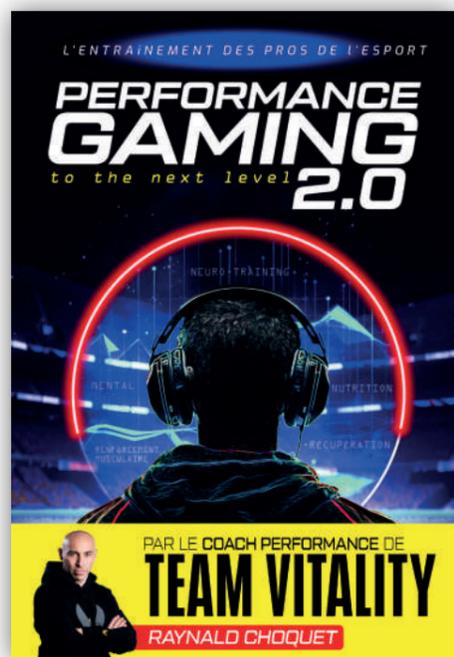


LAYOUT AVAILABLE

29.90€



## PERFORMANCE GAMING 2.0 - E-SPORT



Raynald Choquet

Format: 165 × 240 mm

240 pages

Date: June 2024

### THE FIRST SPORT BOOK FOR E-SPORTS PLAYERS

Discover specialized physical and mental preparation for e-sport players.

All the advice and programs from the coach of Team Vitality, the biggest European team in e-sports.

Nutrition, stretching, short and long programs, you'll have everything you need to become the best player ever!

The book includes several **interviews with star players** such as ZyWoo, Apex, both **world champions** in Counter Strike, and followed by hundreds of **thousands of people on social networks**, as well as many other famous players.

The foreword is written by Neo, CEO of Vitality.

The book includes many photos and videos of exercises, as well as photos of recipes.

#### SUMMARY

I - PHYSICAL PREPARATION

II - NUTRITION

MINI-CHAPTER: BREATHING IS GAME CHANGER

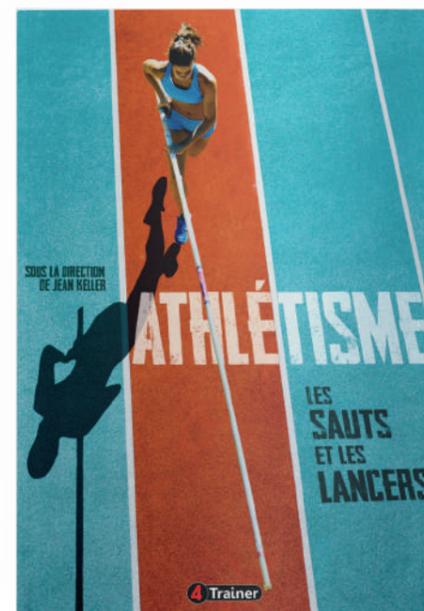
III - MENTAL PREPARATION

IV - PREVENTION, RECOVERY, REHABILITATION

19.90€



## TRACK & FIELD - VOLUME 2



Jean Keller

Format: 194 × 255 mm

280 pages

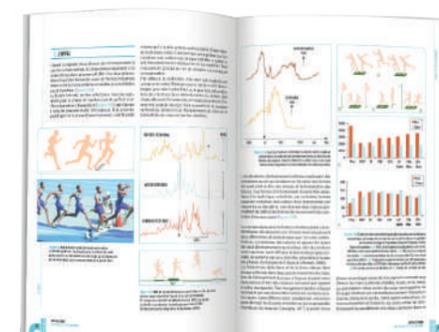
Date: July 2024

In 2024, discover the second volume, Jumps and Throws, and complete your knowledge and your collection!

The second volume, Jumps and Throws, includes :

- a detailed presentation of all the jumps - high, long and pole vault;
- strength and its various training methodologies ;
- strength training and the many ways of achieving maximum resistance;
- performance analysis by discipline;
- general study and specific aspects of all throws - weight, hammer, discus, javelin.

34.90€



## MINDFULNESS



LAYOUT  
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Jean Fournier and Marjorie Bernier

Format: 164 × 210 mm

128 pages

Date: 2023

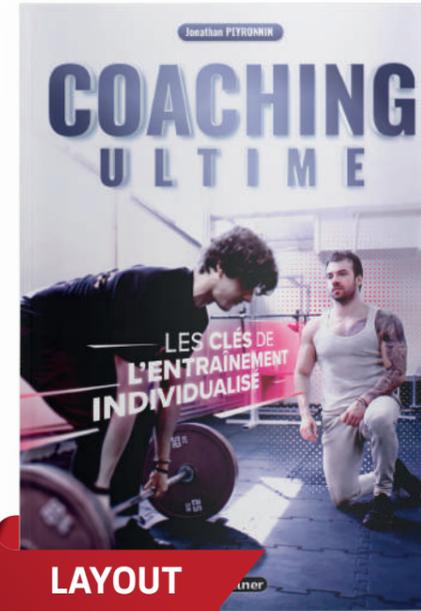
This book introduces Mindfulness for Performance (MFP), a mental preparation program designed to improve athletes' concentration in high-stakes situations. Based on the latest scientific research in sports psychology, the MFP program uses mindfulness as a performance tool that has proved its worth with numerous athletes as part of their mental preparation, whatever their level or sport (golf, swimming, figure skating, judo, fencing, taekwondo, tennis...).

Plus: A one-hour audio playlist for mindfulness training, sample exercises, references and links.

14.90€



## ULTIMATE COACHING



LAYOUT  
AVAILABLE

Jonathan Peyronnin

Format: 194 × 255 mm

216 pages

Date: 2023

The book Ultimate coaching reveals the best training methods for all efforts in a wide range of sports.

All planning options are explained and illustrated to help you get to grips with your body and how it works.

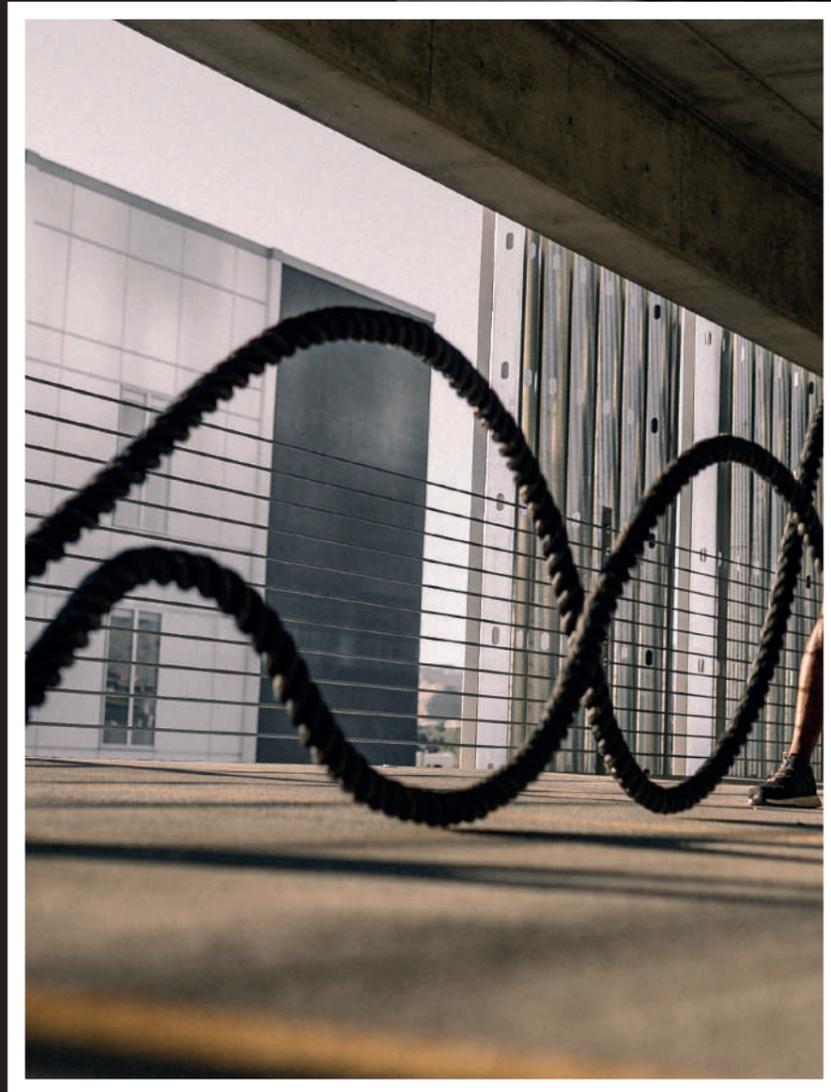
This book is suitable for all types of training, and will help you to define training frequency and volumes, as well as the numerous methods applied to all situations.

Ultimate coaching covers all aspects of individualized training: from athlete profile analysis to special methods for specific sports and practices.

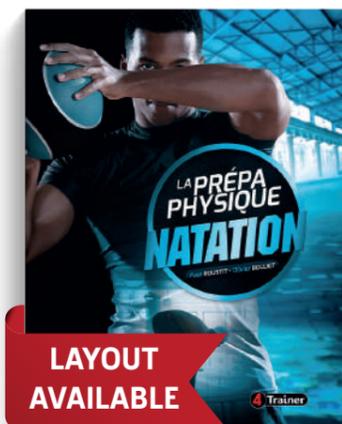
24.90€



2



PHYSICAL  
CONDITIONING



LAYOUT  
AVAILABLE

### PHYSICAL CONDITIONING SWIMMING

This book focuses on the development of the physical qualities necessary for swimming and the prevention of injuries. The authors propose a program based on the different key periods of the sports season, as well as typical sessions according to the desired objective.

Yvan Roustit and Olivier Bolliet

Format: 194 × 255 mm

116 pages

Date: 2016

24.90€



9 791091 285216



LAYOUT  
AVAILABLE

### PHYSICAL CONDITIONING POWERBAND

This book exposes, explains and illustrates all the possibilities offered by elastic bands for the physical preparation, whether it is used for muscle building, power work, speed, balance, cladding or flexibility. Many exercises adapted to a variety of objectives and sports.

M. Pradet, B. Parietti and B. Jaffuel

Format: 194 × 255 mm

132 pages

Date: 2016

24.90€



9 791091 285223



LAYOUT  
AVAILABLE

### PHYSICAL CONDITIONING YOUNG PLAYER

The challenge of training a heterogeneous public, whose physical, psychomotor and emotional characteristics are changing and evolving at different speeds. The physical preparation of these champions in the making deserves special attention to ensure their safety, to spare their body but also to allow them to express their full potential.

Aurélien Broussal-Derval  
and Laurent Delacourt

Format: 194 × 255 mm

172 pages

Date: 2018

RIGHTS SOLD:  
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23.90€



9 791091 285308



LAYOUT  
AVAILABLE

### PHYSICAL CONDITIONING SOCCER - VOL1

Theoretical support and practical guide for all professional football players (physical trainers, educators, students). It offers a simple training method to set up in the field, with little equipment. Each session consists of a specific theme according to the work research. The aim is to achieve better planning and improve overall performance.

Alexandre Dellal

Format: 194 × 255 mm

224 pages

Date: 2020

RIGHTS SOLD:  
RUSSIA

24.90€



9 791091 285681



LAYOUT  
AVAILABLE

### PHYSICAL CONDITIONING SOCCER - VOL2

The main objective of Tome 2 is to offer, in a very illustrated and practical way, original sessions, playful with or without a ball, easy to set up on the pitch throughout the season. Soccer is considered a mixed activity requiring qualities of endurance, power and liveliness, but above all, the ability to repeat efforts of high intensity.

Alexandre Dellal and Javier Mallo

Format: 194 × 255 mm

176 pages

Date: 2017

RIGHTS SOLD:  
RUSSIA  
SPAIN

24.90€



9 791091 285322



LAYOUT  
AVAILABLE

### PHYSICAL CONDITIONING WOMEN'S SOCCER

A better training when we take into account the physiological and psychological particularities. This book provides an optimal understanding of the functioning and the behavior of the player during her practice, including detecting the specificities of her traumatology, with the goal of providing a more relevant reathletization.

Geoffrey Mémain and  
Maxence Pieulhet

Format: 194 × 255 mm

212 pages

Date: 2021

24.90€



9 791091 285599



LAYOUT AVAILABLE

**PHYSICAL CONDITIONING RUGBY - SPEED**

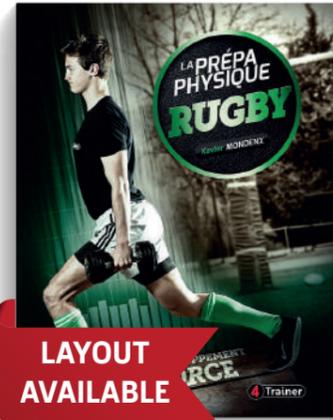
Little by little, rugby has kept pace with the very high-level sport, which has been “absorbing” and then “revolutionary” for nearly 30 years, the content and methods of physical preparation. In this book, the author tackles the development of speed in a precise, in-depth and highly illustrated way; one of the major qualities in rugby.

Norbert Krantz  
Format: 194 × 255 mm  
160 pages  
Date: 2017

24.90€



9 791091 285315



LAYOUT AVAILABLE

**PHYSICAL CONDITIONING RUGBY - STRENGTH**

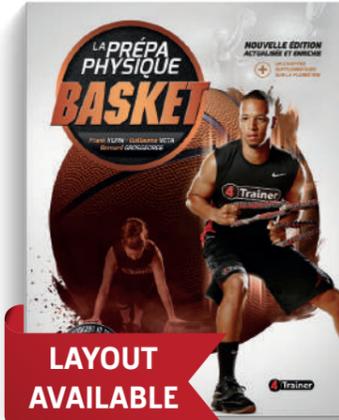
Hard work, self-sacrifice, patience, repetition, a taste for effort. It is with this state of mind that the author puts into perspective the classical methods of physical preparation for the benefit of players of all levels and proposes in a very detailed programs and practice planning.

Xavier Mondenx  
Format: 194 × 255 mm  
176 pages  
Date: 2018

24.90€



9 791091 285346



LAYOUT AVAILABLE

**PHYSICAL CONDITIONING BASKETBALL**

The reference book, enriched and updated! A complete new chapter on pliometry. More than 1000 photos and exercise diagrams. 200 illustrated sessions and full workouts. Physical conditioning basketball comes back with even more methods and tests to help you define your goals and how to achieve them. Players will reach their maximum strength.

F. Kuhn,  
B. Grosgeorge and G. Veta  
Format: 194 × 255 mm  
368 pages  
Date: 2022

**RIGHTS SOLD:  
RUSSIA**

24.90€



9 791091 285940



**STAND-UP PADDLE**

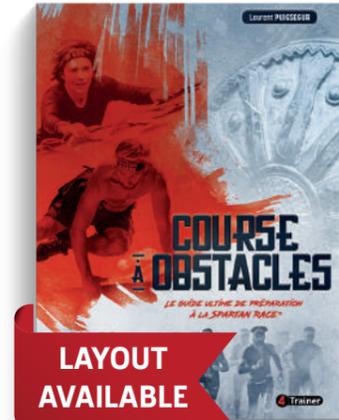
This book on Stand-Up Paddle takes up the technical fundamentals of this sports. It also offers analysis and specific physical preparation exercises. Development of strength, endurance, speed, flexibility... A resolutely practical and richly illustrated book that will allow all rowers, beginners and experts, to progress on their board

Rémy Casa  
Format: 194 × 255 mm  
152 pages  
Date: 2017

24.90€



9 791091 285338



LAYOUT AVAILABLE

**OBSTACLE RACE**

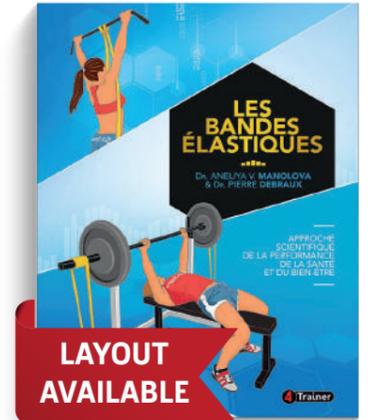
The Spartan Race® – and any obstacle course – is a complete discipline: physical, technical and cerebral. On the starting line, the profiles are varied. From beginner to expert, everyone can express their strengths: endurance, power, precision, mental strength. Train, set your goals and join the ranks of millions of Spartans around the world!

Laurent Puigsegur  
Format: 165 × 240 mm  
240 pages  
Date: 2021

26.90€



9 791091 285780



LAYOUT AVAILABLE

**ELASTIC BANDS**

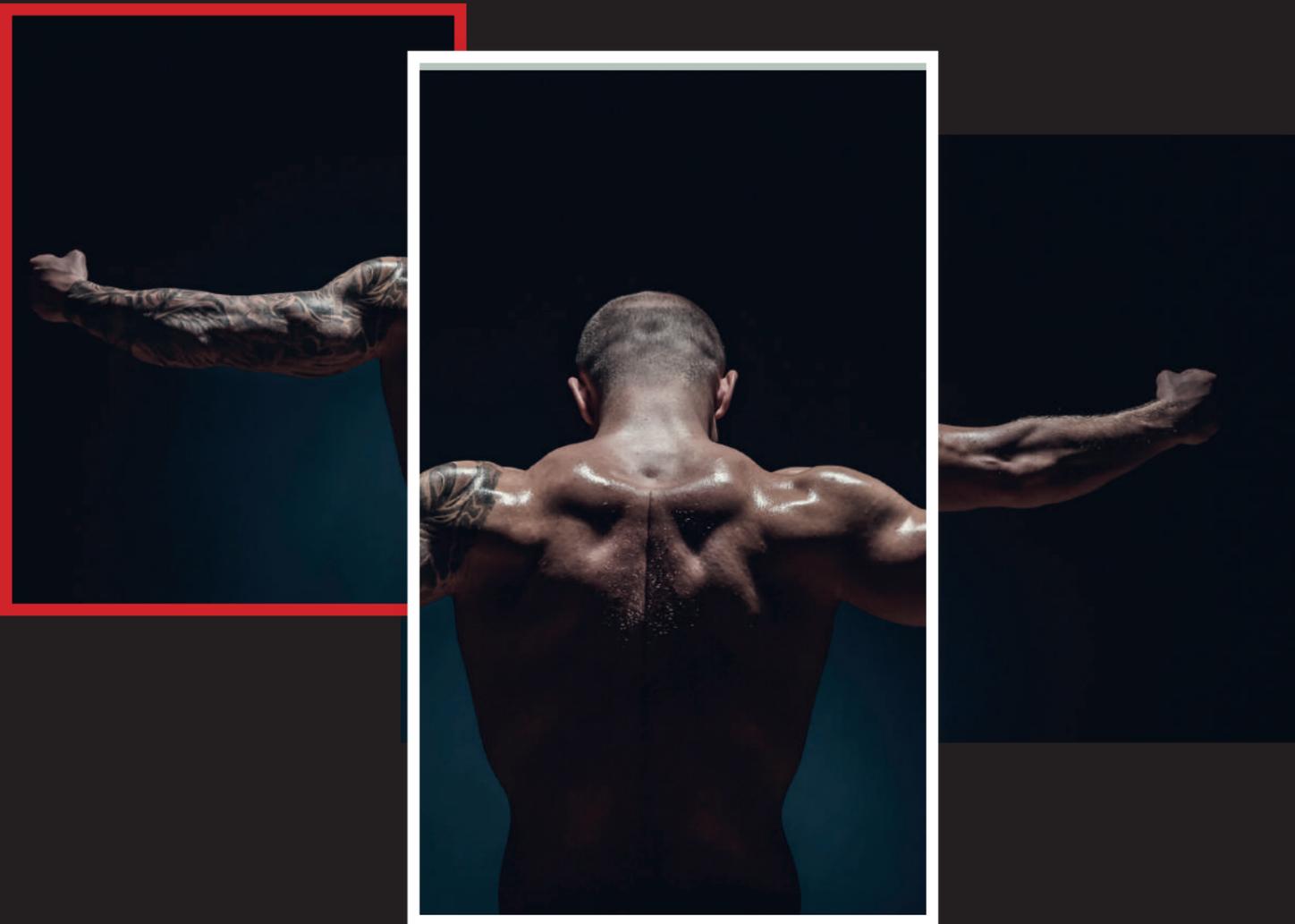
It is only in recent years that its specific properties and their effects on muscle work have been studied by scientists and sports professionals, demonstrating the benefits of their use on the human body. This is the first book dedicated to the specificity of elastic bands and their use in muscle building, physical preparation and injury prevention/rehabilitation

Aneliya V. Manolova  
and Pierre Debraux  
Format: 194 × 255 mm  
204 pages  
Date: 2018

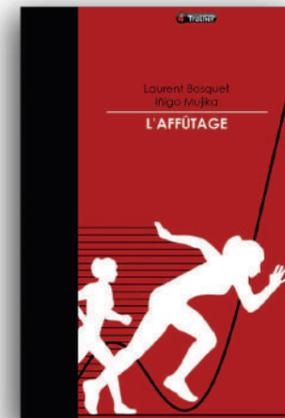
24.90€



9 791091 285414



# 3 MUSCLE DEVELOPMENT



## SHARPENING

The training period and especially the focus on sharpening are one of the essential phases in the physical preparation of an athlete.

Sharpening represents this key moment when the whole puzzle comes together

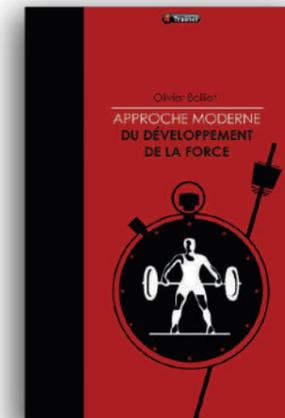
Laurent Bosquet and Inigo Mujika

Format: 110 × 180 mm

58 pages

Date: 2016

13.50€



## MODERN APPROACH OF THE STRENGTH DEVELOPMENT

This is the first French-language book to explore in depth the concepts of Tempo and Time Under Tension. Practical and precise, this book is a formidable weapon for anyone who wants to enrich their approach to strength and be effective during his sessions in the weight room..

Olivier Bollier

Format 110 × 180 mm

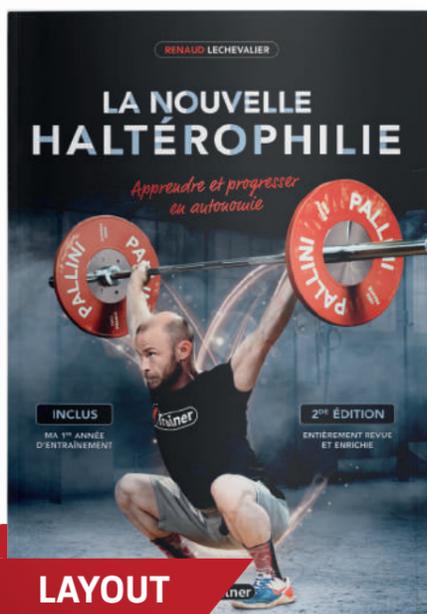
88 pages

Date: 2013

13.50€



## NEW WEIGHTLIFTING



LAYOUT  
AVAILABLE

Renaud Lechevallier  
Format: 194 × 255 mm  
248 pages  
Date: 2023

From the reform of professional qualifications (sports coach) to widespread practice in Crossfit boxes, from university specializations to the multiplicity of weightlifting-dominated training courses, not forgetting the craze for «weightlifting» seminars and programs, weightlifting has once remained in the shadows, and in the space of a decade has become both an accessible and attractive sport.

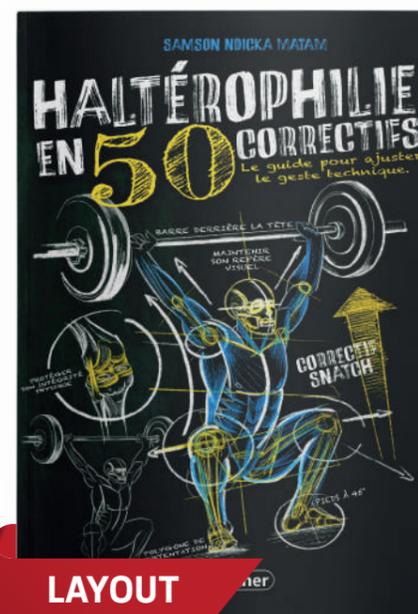
In this new edition, the practical approach is updated, strengthened and enriched with technical details, resources, learning tools and training aids.

- Learning and high-level
- PE and crossfit
- Team and individual sports

34.90€



## WEIGHTLIFTING IN 50 FIXES



LAYOUT  
AVAILABLE

Samson Ndicka Matam  
Format: 194 × 255 mm  
172 pages  
Date: 2023

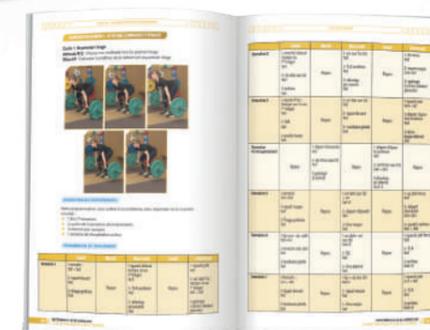
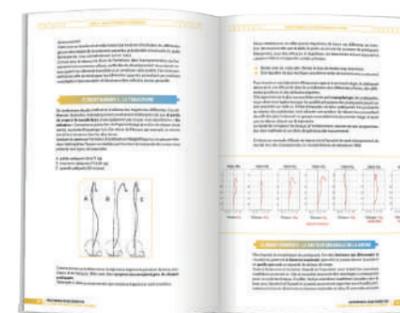
Master the right gesture to perform! This comprehensive guide covers the most common technical gestures and errors, offering targeted corrections and complete remediation.

Inside this book you'll find :

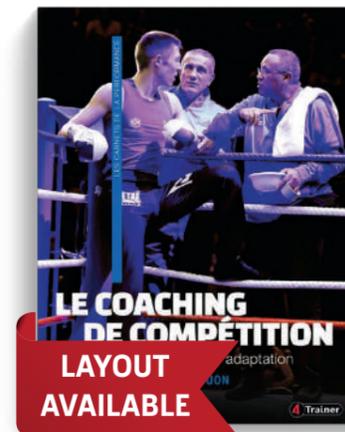
- A complete repertoire of weightlifting movements.
- Expert advice for coaches on how to provide the best possible support for your athletes.
- Targeted programming to help you reach your goals faster.
- A complete analysis of movements, from the simplest to the most complex.

More than 300 pictures and 58 videos!

29.90€



# COACH



## COMPETITION COACHING

A book for the teachers of French Savate Boxe, but also for the competitors and coaches of many other sports who must be able to draw ideas and feedback for their own progress, through theoretical contributions from different disciplines, fact sheets that shed light on key points such as the tactical scheme or the conduct of interviews.

Jérôme Huon

Format: 194 × 255 mm

96 pages

Date: 2019

18.90€



## SPORTS EDUCATOR'S ESSENTIALS

This book offers proposals and ideas for sports educators. It is a guideline to ensure diversity during training and some follow-up ideas to keep in touch with your athlete's evolution.

This book gives you the essential ideas to be the best coach possible and lead your athletes to victory thanks to training and tactics.

Stéphane Reignier and Didier Godfroy

Format: 110 × 180 mm

136 pages

Date: 2016

15.00€



## AGILITY FOR TEAM SPORTS

The rapid changes of directions happening in collective sports constitute a group called «agility» which is distinguished into three categories: planned agility, reactive agility, active and proactive agility.

This book tends to answer questions about planned agility, muscle strengthening, reactive agility but also physiological load.

Bernard Grosgeorge and Stevy Farcy

Format: 110 × 180 mm

220 pages

Date: 2016

19.00€



## THE FRENCH METHOD

Antoine Martinez, Laurent Mareschal  
and Sébastien Offner

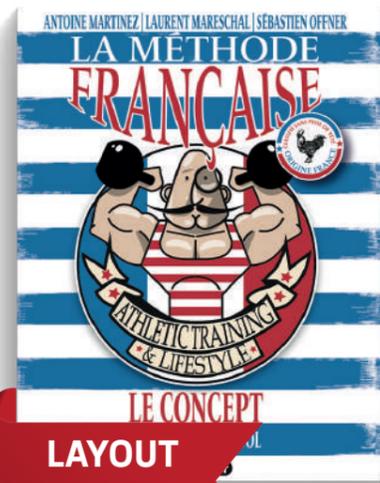
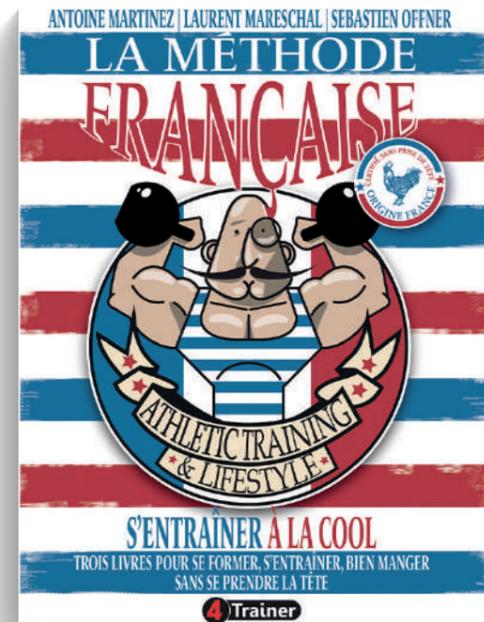
Format: 194 × 255 mm

3 books of 128 pages

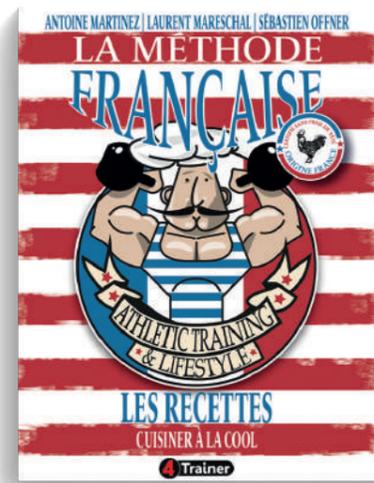
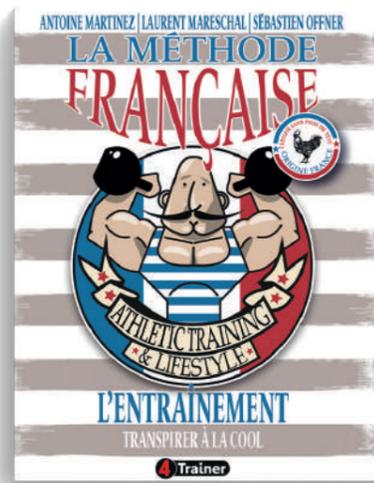
Date: 2020

The French Method is a true lifestyle combining intensive training, gastronomy and French-style living. In this book set, you will discover:

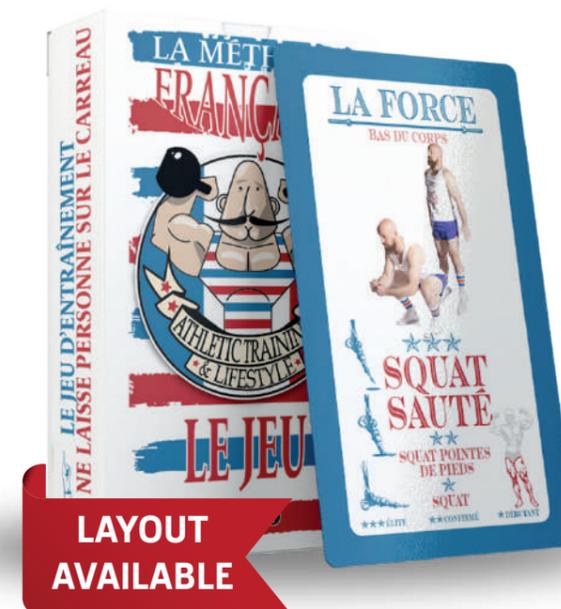
- a training concept that combines good living and good training,
- a personalized 12-week training program,
- 60 recipes of the French gastronomy reviewed and corrected.



LAYOUT  
AVAILABLE



## THE FRENCH METHOD - CARD GAME



Discover a game that reinvents the way you think about sports.

A card game for everyone that will leave no one behind. Get moving with this new kind of game. Discover a sport training card game system that adapts to all levels, from beginners to experienced athletes, to train wherever you want, whenever you want, alone or with friends!



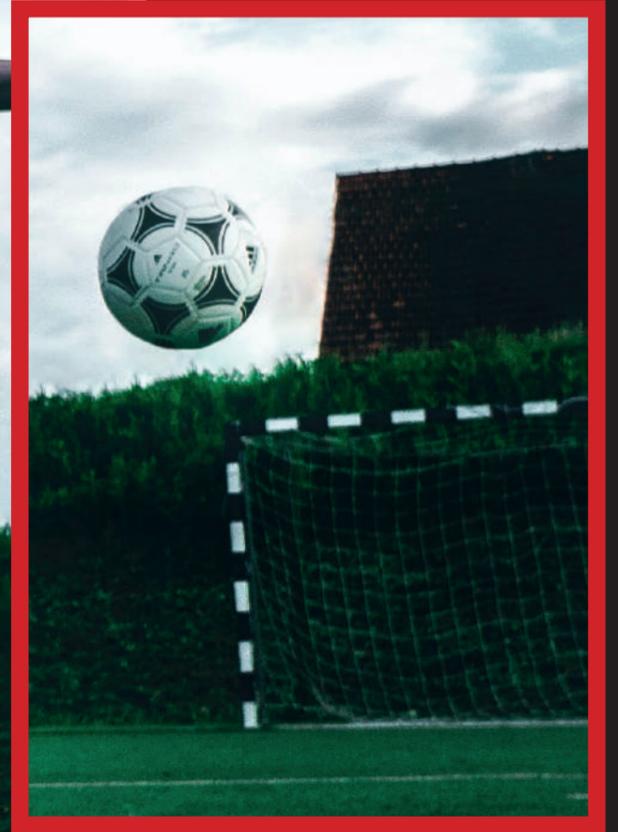
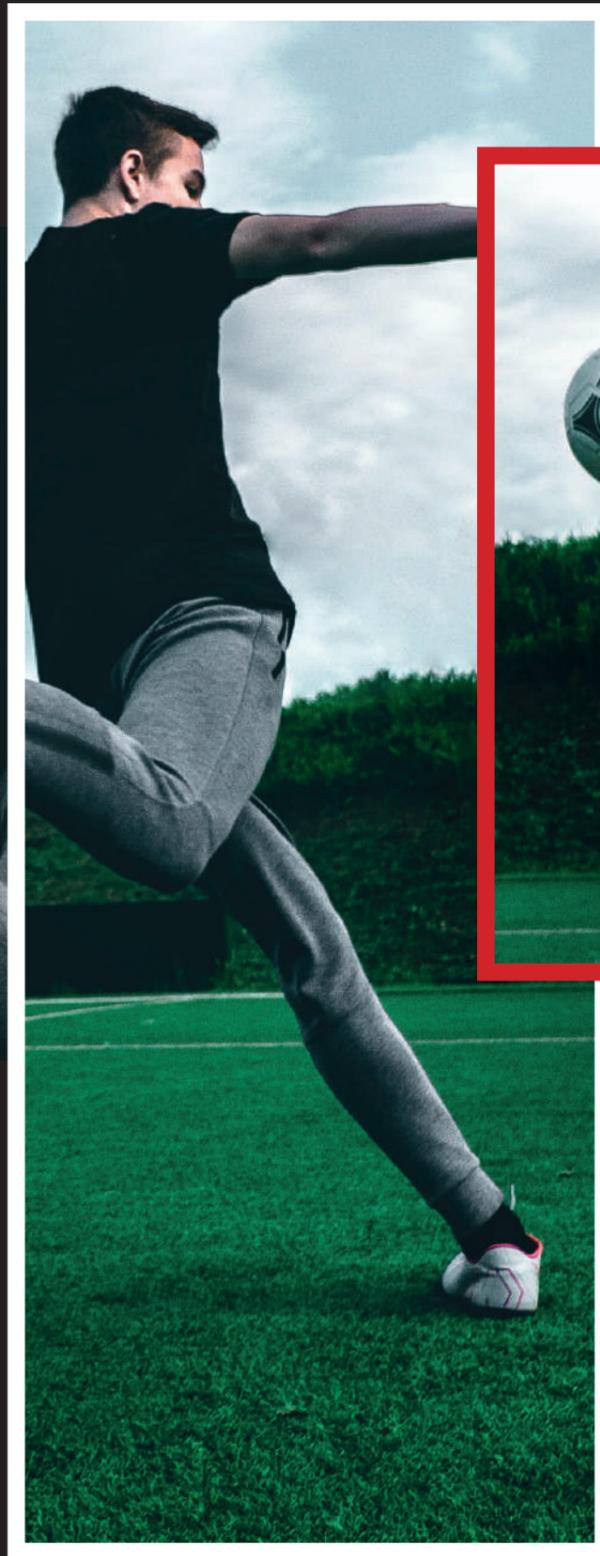
39.90€



12.90€

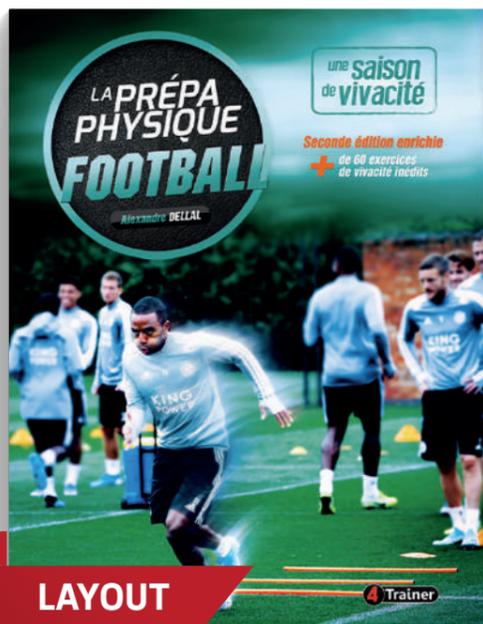


5



S O C C E R

# PHYSICAL CONDITIONING SOCCER - VOLUME 1



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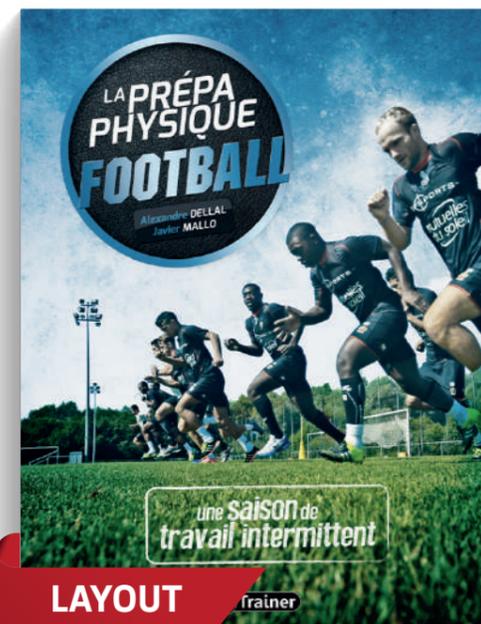
Alexandre Dellal  
Format: 194 × 255 mm  
224 pages  
Date: 2020

Speed, precision, modern football calls for reactions and technical achievements. To achieve a high level of performance on the field, the players must work their speed.

Theoretical support and practical guide for all professional football players (physical trainers, educators, students), *Physical Conditioning - Soccer* is the reference book on the work of vivacity in this discipline. It offers a simple training method to set up in the field, with little equipment. Each session consists of a specific theme according to the work research (support work, liveliness, explosiveness, etc.).

The aim is to achieve better planning and improve overall performance (athletic, technical and tactical).

# PHYSICAL CONDITIONING SOCCER - VOLUME 2



LAYOUT  
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RIGHTS SOLD:  
RUSSIA  
SPAIN

24.90€



Alexandre Dellal and Javier Mallo  
Format: 194 × 255 mm  
176 pages  
Date: 2017

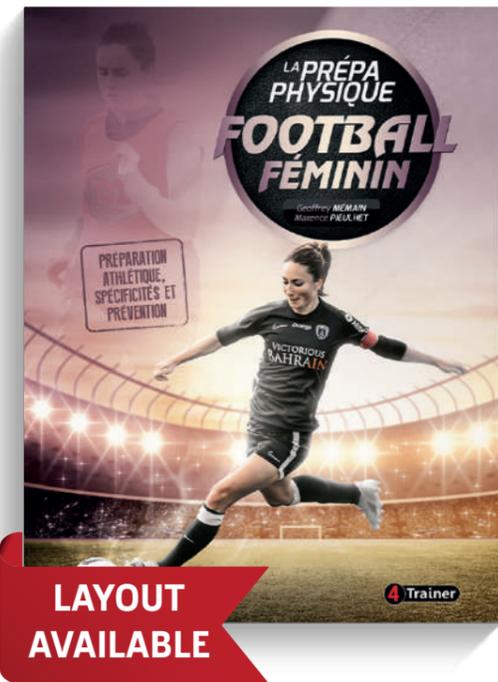
The main objective of Tome 2 is to offer, in a very illustrated and practical way, original sessions, playful with or without ball, easy to set up on the pitch throughout the season.

Soccer is considered a mixed activity requiring qualities of endurance, power and liveliness, but above all, the ability to repeat efforts of high intensity.

Intermittent efforts are thus regularly used in modern soccer, in order to develop all these factors of performance and to allow the players to express their technical and tactical qualities to the best. Through more than 140 sessions, this book offers a pannel of intermittent exercises in all their forms, with or without balls, and makes it possible to set up a multitude of intermittent workouts on the field throughout the season.



# PHYSICAL CONDITIONING WOMEN'S SOCCER



Geoffrey Mémain and Maxence Pieulhet

Format: 194 × 255 mm

212 pages

Date: 2021

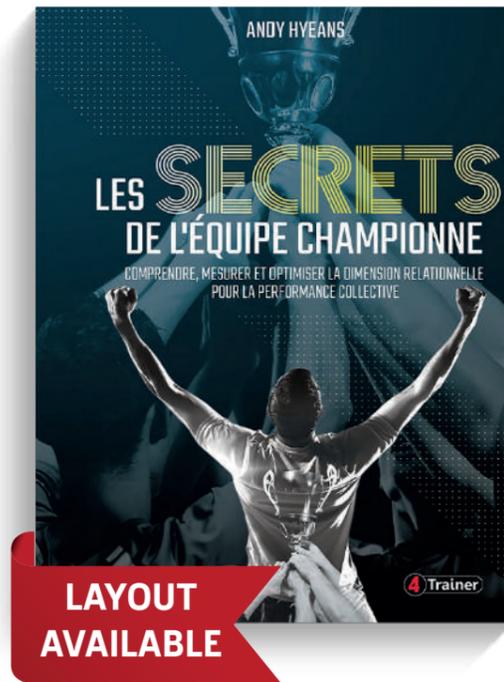
The differentiation of women/ men is a reality increasingly taken into account in sports practice: the French Football Federation has just created a specific diploma, the Women's Football Coach Certificate (training plan for the 2020-21 season).

*Physical Conditioning - Women's Soccer* is part of this dynamic and demonstrates that we will better train footballers if we take into account their physiological and psychological particularities. Written for physical trainers and trainee preparers, this book provides an optimal understanding of the functioning and the behavior of the player during her practice, including detecting the specificities of her traumatology, with the goal of providing a more relevant reathletization.

24.90€



# THE WINNING TEAM'S SECRETS



Andy Hyeans

Format: 194 × 255 mm

96 pages

Date: 2019

What makes the difference between a team that wins and one that doesn't?

The author wanted to share here this dimension of analysis and optimization of sports performance, as well as the tools that make it possible to measure it.

While it is developing in many countries for many sports (by FIFA in football, but also in basketball, volleyball, rugby, cricket, etc.), this approach is still too confidential in French sport. Reading this book is about understanding performance in team sports, measuring the intra, inter and supra-individual aspects of performance and optimizing interactions for a winning team, perhaps yours!

23.90€



6

J U D O





**JUDO FOR 4-5 YEARS OLD**

27.00€ 



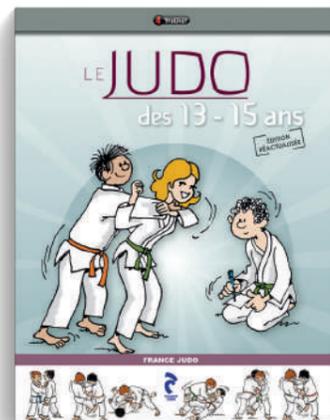
**JUDO FOR 6-8 YEARS OLD**

28.50€ 



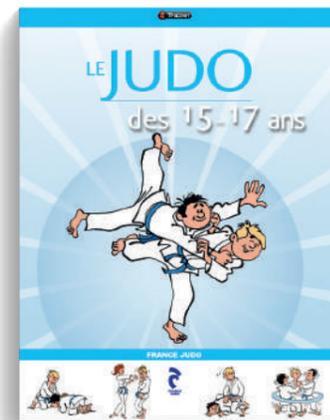
**JUDO FOR 9-12 YEARS OLD**

27.00€ 



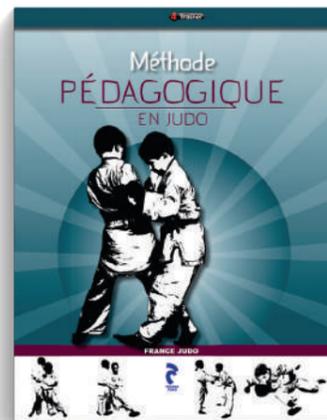
**JUDO FOR 13-15 YEARS OLD**

27.00€ 



**JUDO FOR 15-17 YEARS OLD**

29.50€ 



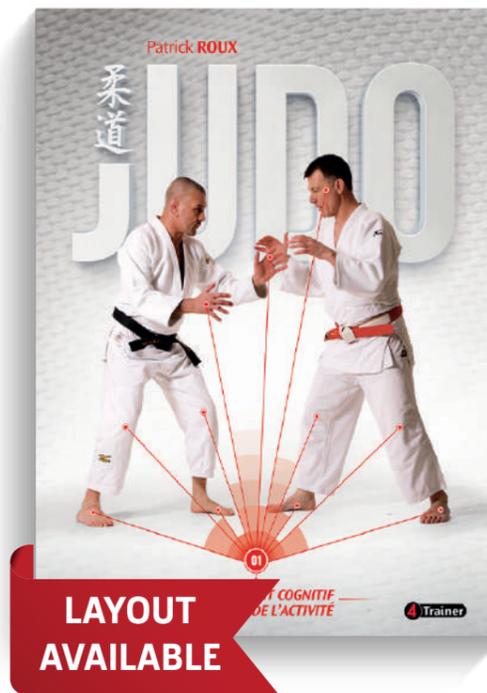
**TEACHING METHODS FOR JUDO**

22.00€ 

The French Judo Federation has been producing for almost half a century, in line with the pedagogical culture of the discipline, reference and didactic manuals. The collection, intended for judo teachers, but also for PE teachers, proposes a complete pedagogical progression from the evaluation reference frame to the technical program specific to each stage of the child's development. Each age group is the subject of a dedicated volume, and its content has been elaborated by federal executives and enriched by judo teachers over time. The books thus offer a playful and progressive approach of judo for children, to better accompany them from initiation to opposition to the technicality of judo movements.

# JUDO - TRAINING MANUAL

Patrick Roux  
Format: 194 × 255  
152 pages  
Date: 2021



29.90€ 

This book offers a unique analysis of combat situations and defines the concept of cognitive training of judoka, which offers a more adapted and effective alternative to the concept of «mental preparation». Taking as his starting point his professional career in the world of high performance, Patrick Roux exposes his reflections and provides answers to the questions that judokas, competitors, teachers and coaches often ask themselves:

- What are the key points, tactical skills and technical skills that need to be developed to become effective?
- What can make the difference during training and competition?
- What are the rules of action, constants and variables that must be analyzed before developing a teaching or training program?

