



High-Powered Plyometrics (Paperback)

By Jim Radcliffe, Bob Farentinos

Human Kinetics Publishers, United States, 2015. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. This book offers strength and conditioning programmes for the top athletes. High-Powered Plyometrics is a systematic guide to explosive power training for athletes, coaches and strength and conditioning experts. Exploring the principles of high-intensity plyometric training, power assessments and the development of both long and short-term conditioning programmes, this hands-on guide covers the subject completely. It contains detailed photo sequences, step-by-step instruction and intensity guidelines to ensure correct technique for exercises that increase power in the core and upper and lower body. It allows exercises to be incorporated into existing programmes, or personalised using one of the ready-to-use programs for sports such as football, basketball, track and field, volleyball and wrestling.

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