



Plyometrics for Speed and Power: Includes Over 100 Drills and Exercises

By Glen Thurgood

The Crowood Press Ltd. Paperback. Book Condition: new. BRAND NEW, Plyometrics for Speed and Power: Includes Over 100 Drills and Exercises, Glen Thurgood, Many coaches train primarily for strength - pressing, pulling and squatting - but without converting this maximal strength to speed and power. However, the 'holy grail' for most athletes is power, and plyometrics is the best way to achieve this. Plyometrics for Speed and Power will guide you through the basics of plyometric training through to sport-specific drills that will enhance your performance. This new book covers the history of plyometrics and the science behind it; foundation strength; plyometric equipment; warm-up techniques and performance testing.

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