

Find Doc

PLYOMETRICS FOR SPEED AND POWER: INCLUDES OVER 100 DRILLS AND EXERCISES



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...

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

- Authored by Glen Thurgood
- Released at -



Filesize: 9.04 MB

Reviews

This pdf can be worth a read through, and a lot better than other. I really could comprehend everything using this written e book. I am just pleased to explain how this is actually the very best book i have read through in my individual lifestyle and can be the very best publication for actually.

-- **Jaclyn Price**

This book will be worth buying. Better than never, though i am quite late in start reading this one. You may like how the blogger compose this publication.

-- **Mrs. Kylie Oberbrunner II**

Comprehensive information! Its this type of very good read. It is written in basic words instead of hard to understand. You are going to like how the article writer compose this pdf.

-- **Mabel Corwin**
