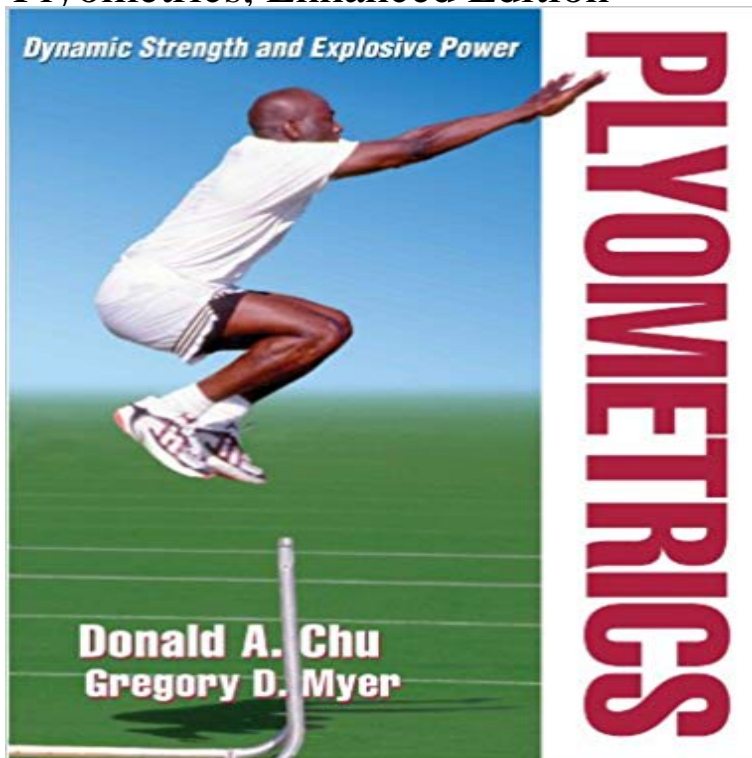


Plyometrics, Enhanced Edition



In *Plyometrics: Enhanced Edition*, Drs. Donald Chu and Gregory Myer present only the best science-based and tested exercises and programs to ensure optimal power with minimal risk of injury. They even provide protocols for preventing and rehabilitating injuries. And they address key concerns for youth and women with guidelines and prescriptions for safe, successful plyometric training. Together, Chu and Myer provide the surest and safest strength and power exercises and programs ever presented in one resource. Featuring 30 video clips 28 demonstrating exercises and two with Dr. Chu discussing plyometrics this comprehensive guide includes sport-specific power training regimens for baseball, basketball, football, mixed martial arts, rugby, soccer, swimming, tennis, track & field, and volleyball, while showing how to integrate those plans into a total athlete development program. In short, *Plyometrics: Enhanced Edition* takes the guesswork and the concerns out of power training and provides the best tool for optimizing athletes explosiveness.

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Donald Chu and Gregory Myer present only the best science-based and tested exercises and programs **Plyometrics And Plyometric Training (Kindle Edition) -** I touched on plyometric (explosive bodyweight) exercises previously, and I suggest adding in one or two total-body plyometric and interval (sprint) workouts each **High-Powered Plyometrics, 2E by James Radcliffe & Robert** Word Wise: Enabled Lending: Enabled Screen Reader: Supported Enhanced Typesetting: Enabled Amazon Best Sellers Rank: #1,149,532 Paid in Kindle **High-Powered Plyometrics 2nd Edition (Enhanced Edition) - Kindle** Improve strength, power, speed, and more! No matter what sport you play or level you compete, High-Powered Plyometrics Enhanced Edition will take your **High-Powered Plyometrics 2nd Edition: James C. 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