



## Plyometrics

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By Donald A. Chu, Gregory Myer

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Plyometrics, Donald A. Chu, Gregory Myer, This is the definitive guide for designing plyometric programmes. Plyometrics, also known as jump training, are a group of exercises based on the principle of having muscles exert maximum force in as short a time as possible, with the intention of increasing both strength and power. Plyometric training has become an important element in most sport conditioning programmes over the past two decades. But many athletes are still doing it wrong and getting injured or getting far less than they should from their training. Plyometrics presents only the best science-based and tested exercises and programmes to ensure optimal power with minimal risk of injury. This comprehensive guide also includes sport-specific power training regimes for basketball, soccer, football, rugby and volleyball, and shows how to integrate those plans into a total athlete development programme.



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