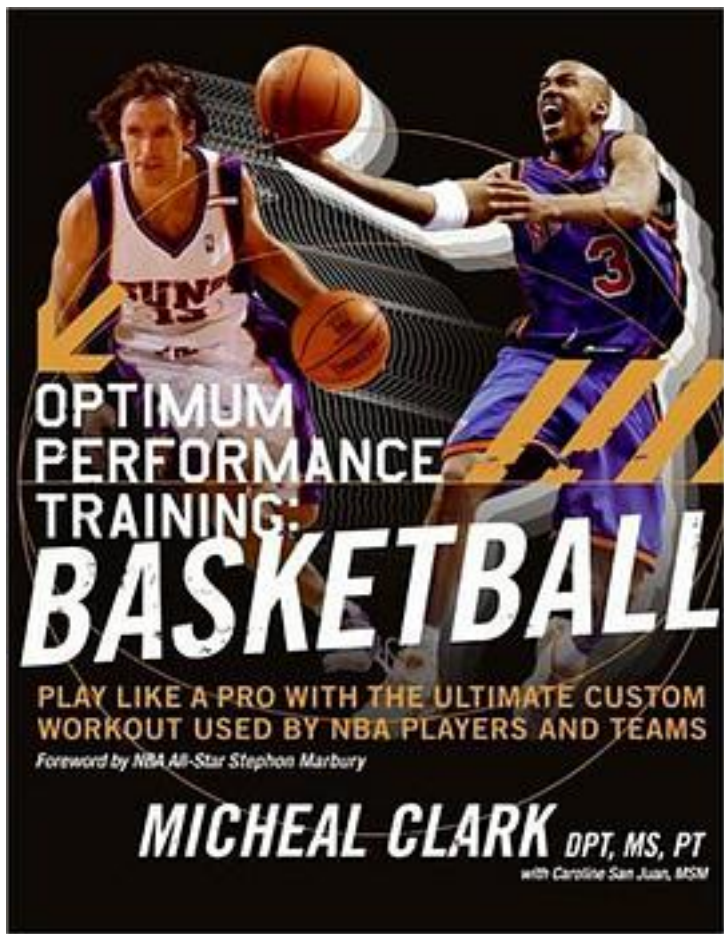


Optimum Performance Training



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出版者:Harpercollins

出版时间:2006-1

装帧:Pap

isbn:9780060852238

Micheal Clark virtually wrote the book that personal trainers all over the country use to gain their certification in the field. As creator of the Optimum Performance Training system, he took personal training to a whole new level by introducing a program that

could be fully customized for any sport. In this book, Clark will enable readers through his "self-assessment and design fitness system" to effectively pinpoint the weaknesses in their basketball skills and tailor a workout program that will improve on all the flaws in their game. By taking advantage of skill-specific tests, readers will be able to focus their workout time on the area they most need and will see quick results. This user-friendly guide begins with a simple five-step assessment to help you realize what your game lacks. Whether you want explosiveness off the first step like Lebron James, the iron-man endurance of Steve Nash, the coordination and flexibility of Kevin Garnett, the vertical leap of Vince Carter, or the muscle strength of Amare Stoudemire, you'll pinpoint your deficiencies and benefit from the exact same workout that Clark uses for the NBA's biggest stars. Clark's revolutionary approach to fitness and conditioning personalizes the workouts not only by sport, but also by performance skills, and will help you become the best basketball player you can be.

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