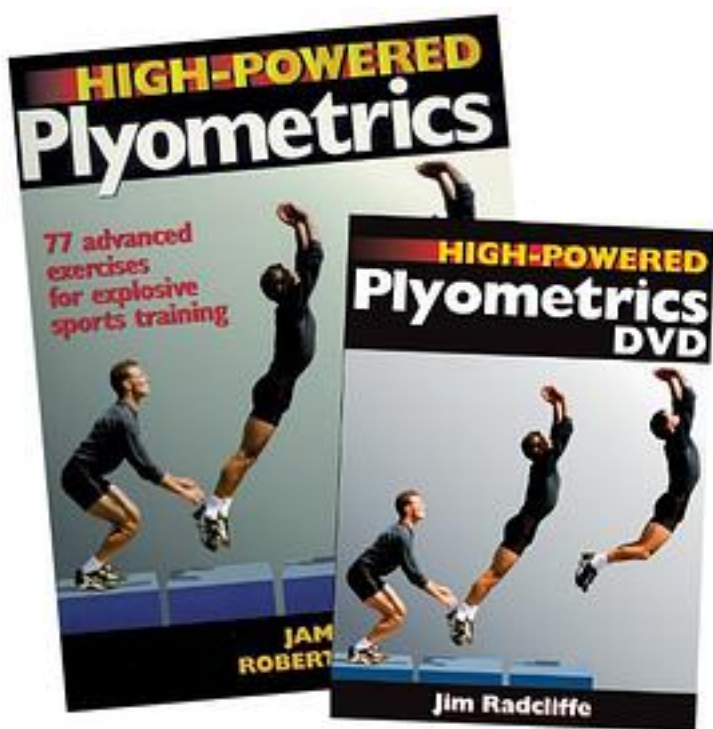


High Powered Plyometrics



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A new and novel form of exercise in the 1980s, plyometrics is now an essential part of every serious athlete's conditioning program. Explosive power is required to compete at a high level in sports like football, basketball, baseball, volleyball, and track and field. Enter "High-Powered Plyometrics"--the most advanced, comprehensive guide to explosive power training for athletes, coaches, and conditioning experts. The book covers it all, from the principles of high-intensity plyometric training to the development of long- and short-term training programs for 21 sports. More than 360 photos illustrate 77 exercises to increase lower-, middle-, and upper-body power. Exercise descriptions and intensity guidelines provide step-by-step instructions to

ensure correct technique and proper workload. Power training rises to a new level in "High-Powered Plyometrics." Every athlete and coach who wants to go beyond basic conditioning will make it their top sports conditioning manual. The "High-Powered Plyometrics DVD" includes foundation exercises such as squat jumps, double-leg speed hops, and medicine ball twists and passes; power-building exercises like tuck and scissors jumps, floor kips, arm swings, and sit-up throws; and high-intensity drills including depth jumps, vertical swings, drop pushes, and heavy bag strokes. Finally, a DVD that demonstrates exactly how to make plyometric exercises pay off...with better sports performance Human Kinetics DVDs are coded for universal playback and can be played in all regions of the world.

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