High Powered Plyometrics

James C. Radcliffe, Robert C. Farentinos

Plyometrics is an essential part of strength and conditioning programs for the top athletes in nearly every sport. *High-Powered Plyometrics* provides the most systematic, comprehensive, and practical study of plyometrics available and can give you performance gains you never thought possible through 77 advanced exercises for explosive sports training.

This book gives you a complete plyometric-based training program that really works. No matter what your sport, the practical and effective training regimen presented will give you the greater speed and power components you need to succeed. Progressive training programs also allow you to adjust the level and intensity according to your needs.

High-Powered Plyometrics takes you step-by-step through high-level plyometric training, beginning with an understanding of the principles of how and why plyometrics works. It details proper training techniques and equipment, safety and injury prevention, and targeted training drills to develop your lower, middle, and upper body. You also get advanced tips to take you to the elite stages of training with discussions on periodization, long-term planning, and progression training. More than 350 photos-most presented sequentially-make the concepts, descriptions, and explanations easy to understand.

These principles have worked for hundreds of elite athletes, including intercollegiate and professional football and basketball players, world-class volleyball players and cross-country skiers, professional and Olympic cyclists, marathon runners, and athletes of all ages. They will give you the explosive power you need to compete at a high level in almost any sport. If you want to go beyond basic conditioning, *High-Powered Plyometrics* gives you everything you need to surge past the competition.

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