



Sports Performance 4 DVD Package

By Human Kinetics

Human Kinetics Publishers, United States, 2007. DVD video. Book Condition: New. 196 x 137 mm. Language: English . Brand New Book. The Sports Performance DVD Series addresses the training demands of serious athletes across all sports. Consisting of four DVDs on power, flexibility, speed, and strength, the series demonstrates that optimum training translates to optimal performance. Each DVD begins with a series of assessments, which identify the athlete's strengths and weaknesses and establish a baseline for customizing training programs. From there, numerous exercise options and sample workouts are provided, all of which may be tailored to address the demands of specific sports and specific positions. DVDs in the series include: - Power for Sports Performance - Developed by the Baltimore Orioles strength and conditioning coaches, this DVD showcases a progressive program in which resistance training is used for building a power base before advancing to a complex power program composed of strength training and plyometrics. - Flexibility for Sports Performance - This DVD is based on the Stretch to Win system, made famous by Ann Frederick and Chris Frederick, who have worked with such elite athletes as the Philadelphia Eagles Donovan McNabb, as well as numerous Olympians, and pro...



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[4.17 MB]

Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II

Other Books



Boost Your Child s Creativity: Teach Yourself 2010

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...



America s Longest War: The United States and Vietnam, 1950- 1975

McGraw-Hill Education - Europe, United States, 2013. Paperback. Book Condition: New. 5th. 206 x 137 mm. Language: English . Brand New Book. Respected for its thorough research, comprehensive coverage, and clear, readable style, America s Longest War explores the origins of the...



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



Nickel Plated

Amazon Encore, United States, 2011. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. It was weird to just get a contact out of nowhere. She was a kid, though, I could tell that from just the...



Soul Storm

Hachette Children s Group, United Kingdom, 2014. Paperback. Book Condition: New. 196 x 128 mm. Language: English . Brand New Book. Someone is following Alice. She s sure it s her sister s murderer, but her parents think she s cracking under...



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...
