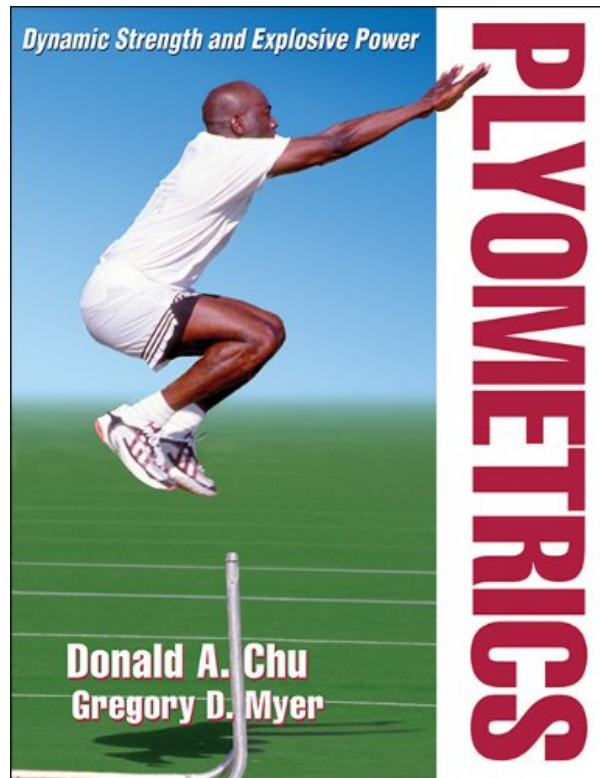
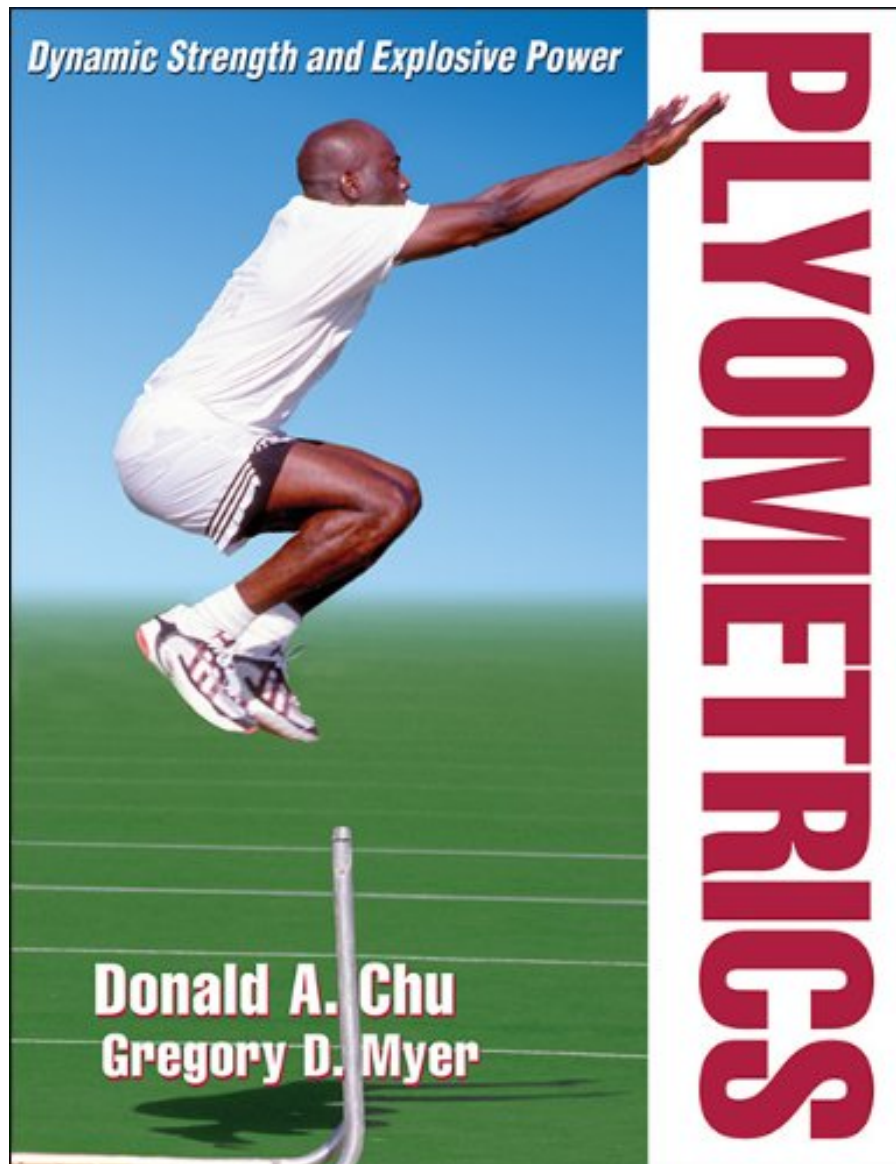


PLYOMETRICS BY DONALD A. CHU, GREGORY MYER



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Review

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"Don Chu and excellence in plyometric training are synonymous."

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Strength and power—which provide the ability to move quickly with great force—are absolute necessities for today’s athletes. Elite players, coaches, and trainers rely on plyometrics to improve quickness, speed, jumping ability, footwork, body control, balance, and overall performance. With this authoritative guide on plyometrics, you can, too.

In *Plyometrics*, Donald Chu and Gregory Myer present only the best science-based and tested drills, exercises, and programs to ensure optimal performance results for every athlete at any level in any sport. You’ll also find the latest research, application, and recommendations for the prevention, screening, and rehabilitation of injuries as well as targeted training for young athletes and female athletes.

Plyometrics provides instruction on assessment, selection, and sequencing of exercises for building the ideal program based on individual needs and goals. You’ll also find nine sport-specific training regimens, including basketball, soccer, football, rugby, volleyball, and mixed martial arts.

With comprehensive coverage and expert insights, Chu and Myer take the guesswork out of training and provide the best tool for achieving dynamic strength and explosive power. It is the ultimate resource for maximizing athletic performance.

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Shows the coach and athlete how to draw upon tremendous power when it's needed

By Susanna Hutcheson

Garnering power when it's most called for is critical in sports and, for that matter, in life. What I like most about this book is that it's all backed by science. There are no guesses. No judgements and no theories. It's all factual. Everything has been studied and data is provided.

Of course, plyometric training has been a part of sports conditioning programs for some twenty years. The problem is, many athletes are still doing it all wrong. As a result, they're suffering injuries - sometimes major

injuries that put them on the sideline for life.

When done correctly, as you'll discover in this book, plyometric training can prevent these injuries. Everything is research-based. That means you can depend on it.

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==Susanna K. Hutcheson, Health & Fitness Researcher & Reviewer

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If you are looking to get into fitness or are a health professional...Buy this book!!!! Its choke full of info and how too's. This is cutting edge fitness.

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