



# High-Powered Plyometrics 2nd Edition

*James C. Radcliffe, Robert C. Farentinos*

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Improve strength, power, speed, and more! No matter what sport you play or level you compete, *High-Powered Plyometrics* will take your performance to the next level.

*High-Powered Plyometrics* is a systematic guide to explosive power training for athletes, coaches, and strength and conditioning experts. Exploring the principles of high-intensity plyometric training, power assessments, and development of long- and short-term conditioning programs, this hands-on guide covers it all.

You'll find detailed photo sequences, step-by-step instruction, and intensity guidelines to ensure correct technique for 79 exercises that increase power in the core and upper and lower body. Incorporate exercises into an existing program, or personalize one of the ready-to-use programs for 21 sports, including football, basketball, track and field, volleyball, and wrestling. You'll also learn to track progress and adjust your programming to maintain your results.

The most dynamic and complex exercises found in the book are housed in an all-new online video library. Via streaming video, you have exclusive access to demonstrations of dozens of exercises and drills to ensure you perform them with proper technique.

Go beyond basic conditioning and develop the explosive power that will give you an edge on the competition.

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