



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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