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Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 10.9in. x 8.3in. x 0.6in. The movements in competitive weightlifting the snatch, clean, jerk, and other variations can make you a more powerful athlete, no matter what sport you're in. The enhanced edition of Explosive Lifting for Sports shows how to incorporate these exercises into your own sports training program. This special package demonstrates the safest, most effective learning progressions for the snatch, clean, jerk, pulling assistance exercises, squat, and other lifts. Perform each lift safely with step-by-step instructions and develop the strength, power, and speed you need for your specific sport. Included are specific power-development programs for 10 different power sports: football, baseball, basketball, soccer, volleyball, hockey, track and field, wrestling, racket sports, and competitive weightlifting. This Enhanced Edition also grants you exclusive access to an online collection of Dartfish enhanced video analysis of the lifts. View each exercise in real time or review and study the execution with on-screen instruction and frame by frame breakdown of key movements. The combination of instruction and analysis establishes a new benchmark for weightlifting and training. Most coaches and athletes today agree that resistance training creates stronger, faster players who are more resistant to injury. Improve your performance on the field or on the court and develop whole-body power with this enhanced edition of Explosive Lifting for Sports. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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