



# Explosive Power & Strength: Complex Training for Maximum Results

*Donald A. Chu*

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The best in sports conditioning now combines plyometric, resistance, and sprint training, matching workouts closely to the demands and skills of particular sports. *Explosive Power and Strength* not only offers three training methods in one but also shows readers how to create individualized, sport-specific programs.

Dr. Donald Chu has been a conditioning consultant for the Golden State Warriors, Milwaukee Bucks, Detroit Lions, Chicago White Sox, and the United States Tennis Association, working also with such famous athletes as professional tennis players Todd Martin and Lindsay Davenport, Kevin Maas of the New York Yankees, and Rodney Lewis, 100-meter Olympic sprinter.

In *Explosive Power and Strength* Chu emphasizes the use of complex training methods to maximize performance. The book features 33 resistance and 45 plyometric exercises, with 115 detailed illustrations showing their proper execution. Many exercises use free weights to isolate the specific muscle groups used most in various sports of interest. In addition, this reference includes three ready-to-use workouts for each of 11 sports and program design forms that athletes and coaches can use to customize workouts.

*Explosive Power and Strength* offers athletes and coaches the most innovative and effective training and conditioning methods available today!

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### **From reader reviews:**

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A lot of people always spent their own free time to vacation or perhaps go to the outside with them family members or their friend. Do you know? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a new book. It is really fun for you. If you enjoy the book you read you can spent all day every day to reading a e-book. The book Explosive Power & Strength: Complex Training for Maximum Results it is extremely good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to develop this book you can buy the particular e-book. You can m0ore easily to read this book through your smart phone. The price is not too expensive but this book offers high quality.

#### **Jerry Raminez:**

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#### **Camille Wolfe:**

The book untitled Explosive Power & Strength: Complex Training for Maximum Results contain a lot of information on it. The writer explains the woman idea with easy method. The language is very simple to implement all the people, so do certainly not worry, you can easy to read that. The book was compiled by famous author. The author will take you in the new time of literary works. It is easy to read this book because you can please read on your smart phone, or program, so you can read the book with anywhere and

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