



High-Powered Plyometrics, 2E

James C. Radcliffe, Robert Farentinos

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

This systematic, hands-on guide to explosive power training for athletes, coaches, and strength and conditioning experts, explores the principles of high-intensity plyometric training, power assessments, and development of long- and short-term conditioning programs.

You'll find detailed photo sequences, video clips, step-by-step instruction, and intensity guidelines to ensure correct technique for 81 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 23 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 come to life in the 39 video clips to ensure you perform them with proper technique.

With High-Powered Plyometrics Enhanced Edition you'll go beyond basic conditioning and develop the explosive power that will give you an edge on the competition.


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