



Plyometric Exercises with the Medicine Ball, 2nd Edition

Donald Chu

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First successfully used in Eastern Europe, plyometrics is now generally accepted in the United States as a key to the training of successful championship athletes. More recently it has become a part of the general public's exercise regimen.

Power requires an integrated program to develop its two complementary components, strength and speed. While weight training develops strength, plyometrics develops the explosiveness called speed. This book describes Plyometric exercises designed for the upper extremities, trunk, and lower extremities. It also includes plyometric exercises for wheelchair athletes.

Plyometrics conditions the body through dynamic, resistance exercises. By using a medicine ball to create the necessary resistance for these exercises, you can experience the entire range of motion which resembles that of your sport. These sport-specific exercises are not only more efficient in developing the power you desire, but more interesting, more challenging, and more motivating.

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Playing with family in the park, coming to see the water world or hanging out with close friends is a thing that usually you might have done when you have spare time, then why you don't try point that really opposite from that. A single activity that makes you not experience tired but still relaxing, thrilling like on roller coaster you are ride on and with addition of knowledge. Even you love *Plyometric Exercises with the Medicine Ball, 2nd Edition*, you are able to enjoy both. It is a great combination right, you still wish to miss it? What kind of hang-out type is it? Oh seriously it's mind hangout guys. What? Still don't have it, oh come on it's called reading friends.

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