



Plyometrics

Donald A. Chu, Gregory Myer

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Strength and power—which provide the ability to move quickly with great force—are absolute necessities for today’s athletes. Elite players, coaches, and trainers rely on plyometrics to improve quickness, speed, jumping ability, footwork, body control, balance, and overall performance. With this authoritative guide on plyometrics, you can, too.

In *Plyometrics*, Donald Chu and Gregory Myer present only the best science-based and tested drills, exercises, and programs to ensure optimal performance results for every athlete at any level in any sport. You’ll also find the latest research, application, and recommendations for the prevention, screening, and rehabilitation of injuries as well as targeted training for young athletes and female athletes.

Plyometrics provides instruction on assessment, selection, and sequencing of exercises for building the ideal program based on individual needs and goals. You’ll also find nine sport-specific training regimens, including basketball, soccer, football, rugby, volleyball, and mixed martial arts.

With comprehensive coverage and expert insights, Chu and Myer take the guesswork out of training and provide the best tool for achieving dynamic strength and explosive power. It is the ultimate resource for maximizing athletic performance.

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