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Supertraining Yuri V Verkhoshansky

Supertraining 6th expanded version Edition by Yuri V. Verkhoshansky (Author), Mel C. Siff (Author), Michael Yessis (Translator) & 0 more 4.7 out of 5 stars 77 ratings

Supertraining: Verkhoshansky, Yuri V., Siff, Mel C ...

Supertraining 6th edition expanded version by Prof. Yuri Verkhoshansky and Dr. Mel Siff Dr. Verkhoshansky has decided to self-publish this new expanded version and has asked UAC to be the exclusive worldwide distributor. This new edition contains more than 70 pages of never before published material from Dr. Verkhoshansky including: The shock method

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It has been interpreted, many times incorrectly, by many people over this time. Now for the first time in english, Dr Verkhoshansky, the "father" of the Shock Method (known in the West primarily as Plyometrics) is able to set the record straight posthumously with the help of his star pupil and daughter, Dr Natalia Verkhoshansky.

Verkhoshansky Site

Supertraining will open your eyes into the views of Y.V. Verkhoshansky, a true genius in the field of sports training. I truly learned the value of kinetic energy leading to my own research about over speed eccentrics and optimal eccentrics plus Mel finally got it through my head, the importance of training optimally.

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Supertraining. by Yuri V. Verkhoshansky, Mel C. Siff, et al. | Dec 7, 2009. 4.7 out of 5 stars 70. Paperback.

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Variant of stimulation method for legs: - vertical squat jump with a weight held between legs (16,24,or 32 kg). used as tonic work. - two sets of 6-8 jumps with rest 3-4 minutes conducted. Then after rest of 3-4 minutes, the second DEVELOPING exercise is executed for 6 or 8 reps multiple jumps from one.

Verkhoshansky's Sport Training Methods | Evolutionary ...

Supertraining Paperback - 7 Dec. 2009 by Yuri V Verkhoshansky (Author), Mel C Siff (Author), Michael Yessis (Translator) & 0 more 4.4 out of 5 stars 29 ratings

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PREFACE OF YURI VERKHOSHANSKY Dear reader, the Special Strength Training presented in this manual is mainly addressed to coaches of Olympic sports athletes; it is also useful for coaches of strength & condition in all those sports in which it is necessary to have strength and high efficiency of movement.

Published by Verkhoshansky SSTM 2011 - Rome, Italy

Supertraining Paperback - Import, 7 December 2009 by Yuri V Verkhoshansky (Author), Mel C Siff (Author), Michael Yessis (Translator) & 0 More 4.2 out of 5 stars 16 ratings

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Yuri Verkhoshansky is to strength and conditioning what Issac Newton was to physics. If you're the typical gym rat, be prepared to have your world blown wide open. You will learn nuances about things you didn't even know existed.

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At the end of the 1950s, Yuri Verkhoshansky, a successful coach of the Track & Field jumpers, and students from the Aeronautical Engineering Institute, created a new training mean – vertical drop-rebound jump (Depth Jump). This exercise helped his athletes obtain an unexpectedly high increase in the level of

Shock Method and Plyometrics - verkhoshansky.com

Yuri V. Verkhoshansky is the author of Supertraining (4.49 avg rating, 222 ratings, 11 reviews, published 2000)

Yuri V. Verkhoshansky (Author of Supertraining)

Short Curriculum of Prof. Verkhoshansky Professor Yuri Verkhoshansky is predominantly known to most westerner readers as the Russian researcher who invented plyometric training (Shock Method).

CV & Bibliography - Verkhoshansky Site

Kupte knihu Supertraining (Yuri V. Verkhoshansky) v ověřeném obchodě. Prolistujte stránky knihy, přečtěte si recenze čtenářů, nechte si doporučit podobnou knihu z nabídky více než 15 miliónů titulů.

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