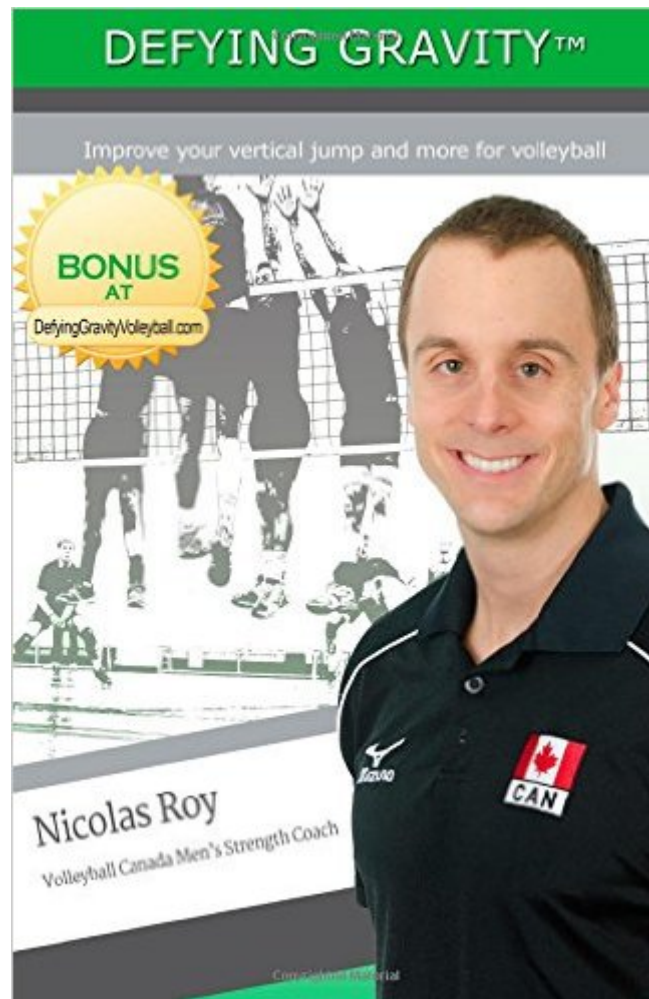


The book was found

Defying Gravity: Improve Your Vertical Jump And More For Volleyball



Synopsis

Nicolas Roy, Team Canada indoor men's strength coach, has committed the last 10 years to coaching athletes on staying healthy and improving athletic potential, especially vertical jump, to dramatically improve the game. With his own techniques he's developed over the last decade, he shows you in this book how to become more healthy and powerful to DEFY GRAVITY!

Book Information

Paperback: 170 pages

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Best Sellers Rank: #1,876,818 in Books (See Top 100 in Books) #134 in Books > Sports & Outdoors > Other Team Sports > Volleyball

Customer Reviews

As a sports and fitness enthusiast, I believe Nicolas is really onto something here. Explosiveness off the block is key to so many sports, and in this book there are a plethora of ideas to improve that explosiveness, whether it's for increasing a vertical jump or coming off the starting blocks as a sprinter. Also, the importance of diet is addressed in this book. If you want clear and well-rounded explanations for improving your athletic abilities, GET THIS BOOK!

Awesome book, good practical and theoretical information. A must for any trainer who wants to step up his game. You'll learn how to make an athlete stronger, faster and jump higher from A to Z. Training, nutrition and periodization, everything is there.

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