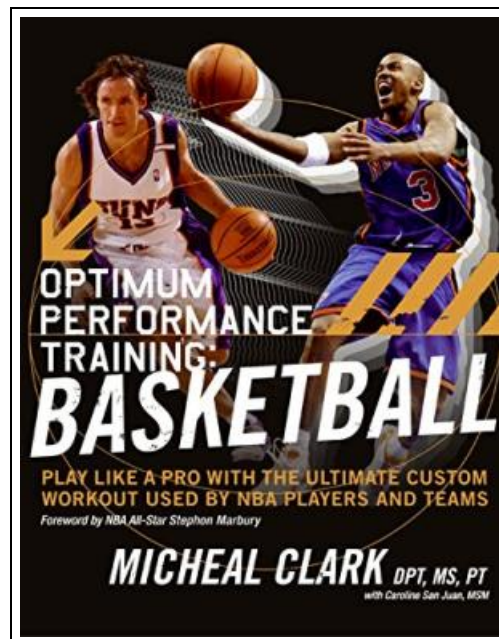


Optimum Performance Training: Basketball: Play Like a Pro with the Ultimate Custom Workout Used by NBA Players and Teams



Filesize: 8.02 MB

Reviews

Simply no phrases to clarify. It is really basic but surprises from the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mr. Noah Cummerata IV)

OPTIMUM PERFORMANCE TRAINING: BASKETBALL: PLAY LIKE A PRO WITH THE ULTIMATE CUSTOM WORKOUT USED BY NBA PLAYERS AND TEAMS



HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Optimum Performance Training: Basketball: Play Like a Pro with the Ultimate Custom Workout Used by NBA Players and Teams, Michael Clark, Michael Clark virtually wrote the book that personal trainers all over America use to gain their certification in the field. As creator of the Optimum Performance Training system, he took personal training to a whole new level by introducing a program that could be fully customized for any sport. In this book, Clark will enable readers through his "self-assessment and design fitness system" to effectively pinpoint the weaknesses in their basketball skills and tailor a workout program that will improve on all the flaws in their game. By taking advantage of skill-specific tests, readers will be able to focus their workout time on the area they most need and will see quick results. This user-friendly guide begins with a simple five-step assessment to help you realize what your game lacks. Whether you want explosiveness off the first step, coordination and flexibility, the vertical leap, muscle strength, you'll pinpoint your deficiencies and benefit from the exact same workout that Clark uses for the NBA's biggest stars. Clark's revolutionary approach to fitness and conditioning personalizes the workouts not only by sport, but also by performance skills, and will help you become the best basketball player you can be. With customizable workouts, sets, and reps, everyone from basketball fanatics to weekend warriors can find the program just right for them, and get the extra skills to crash the boards, run the court, and power their way down the lane for all four quarters.



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