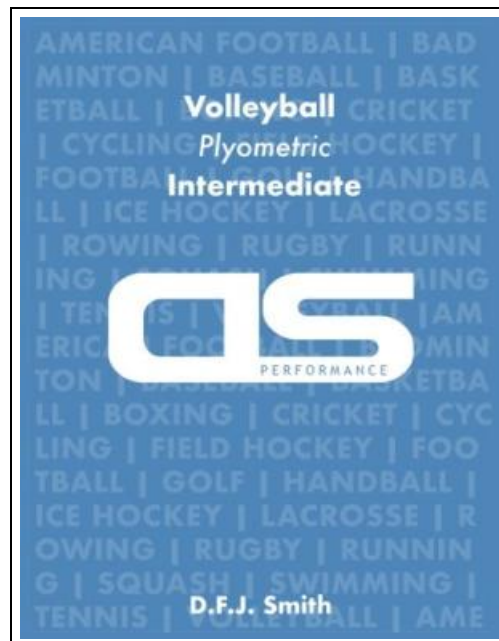


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 24 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. DS Performance Strength and Conditioning Training Programmes Sport: Volleyball Variable: Plyometrics Level: Intermediate Duration: 12 weeks DS Performance have created an exclusive series of sport specific, strength and conditioning training programmes that have underpinning, evidence based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume. Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training. It has been put in place to increase your mobility, it can also be used to support your warm-ups and cool downs. To aid your training, we also included a series of tables to create your lifting percentages. These tables will help you work out your working percentages from 40-95. The tables are broken down into 5 loads, all in kilograms, ranging from 10kg-300kg All programmes by DS Performance are 12 weeks in duration, we recommend that you do two, six week training blocks, with a de-loading week between the two training blocks. This will allow the body to recover, prepare you for the second training phase and reduce any risk of injury. Volleyball players must be very fit due to the games constant jumping and quick movements which are taxing on the legs. Players need to be strong, powerful and fast to generate the necessary drive when striking the ball to produce maximum velocity and to achieve large vertical jump heights. The players need to be stable and mobile to reduce the risk of injury...



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