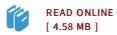




# Improving Strength and Power

By Paul Mason

Hachette Children's Group, United Kingdom, 2016. Paperback. Book Condition: New. 269 x 216 mm. Language: English. Brand New Book. Whether you are a weight lifter, gymnast, kayaker or javelin thrower, strength and power are crucial to you performance and technique. This book provides the science, training advice and exercises to help you improve at your sport. \* Understand the difference between strength and power and how important they each are for your performance. \* Test your core stability, the most important form of strength for all sportspeople, and improve it by following step-by-step excercises. \* Learn how to apply biomechanics to your training in order to use your strength and power most effectively. \* Read about powerful sportspeople, such as Chris Hoy, Matthias Steiner and Stepanka Hilgertova. Combining sports science, nutrition, training programmes and exercises, the Training for Sport series of books is a complete guide to raising performance for children aged 9+.



### Reviews

Very useful to all of class of people. It is really simplified but unexpected situations within the 50 % in the ebook. I am delighted to let you know that this is actually the best book i have read in my personal daily life and can be he finest ebook for at any time.

-- Gwen Schultz

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