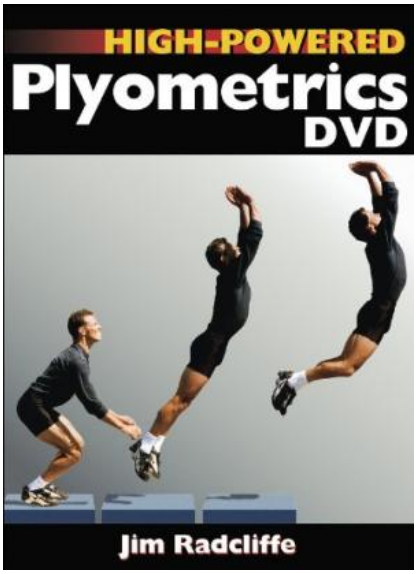


High-powered Plyometrics

By Jim Radcliffe

Human Kinetics Publishers, United States, 2005. DVD. Book Condition: New. 190 x 135 mm. Language: English . Brand New Book. An ideal companion to the popular book of the same name, this DVD is loaded with progressively complex intermediate and advanced plyometric exercises designed to improve strength, power and speed. Provides the tools needed to create a customised 12-week programme with a range of exercises for a total body workout, or to target specific body regions.

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