



Special Strength Training: Manual for Coaches

Yuri Verkhoshansky, Natalia Verkhoshansky

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From the leading scientist and expert in Sport Training, his last book: a milestone, the point of no return in the Strength Training. The most complete and up to date book in Special Strength Training (SST): Methodological foundations of special strength training, Guidelines for planning SST, SST means and methods - resistance and jump exercises, Complex method, Stimulation method, Contrast method, Circuit method, Strength-aerobic method, Organization of SST in training process and Block Training System, SST means methods and program for acyclic sports, SST means methods and program for cyclic sports, SST means methods and program for sports games and combat sports, traditional SST exercises used by high-level track & field athletes, questions and answers about warm-up, 'Ultra Mass' bodybuilding program, the contribution of Yury Verkhoshansky to the development of sport science.

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