
Castello A Mare A Palermo

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Supertraining Tribute to Verkhoshansky - Original Depth Jump Video (Professor Riccardo Rambo) Periodization and Programming for Strength Power Sports, with Mike Stone and Meg Stone | NSCA.com

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Shock Method - Testimonials . These testimonials were taken from the first Russian edition of "Shock Method". Here we report only the testimonials referred to Depth Jump which is one of the most famous means of Shock Method conceived by Prof. Verkhoshansky "For jumpers the Depth Jumps are like a sip of fresh water on a hot day.

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Supertraining. Yuri Verkhoshansky, Mel C Siff. Supertraining 6th edition expanded version by Prof. Yuri Verkhoshansky and Dr. Mel Siff Dr. Verkhoshansky has decided to self-publish this new expanded version and has asked UAC to be the exclusive worldwide distributor. This new edition contains more than 70 pages of never before published material from Dr. Verkhoshansky including:

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By Yuri V Verkhoshansky Supertraining. by Yuri V Verkhoshansky | 22 Dec 2009. Paperback Supertraining. by Yuri V Verkhoshansky, Mel C Siff, et al. | 7 Dec 2009. 4.3 out of 5 stars 20. Paperback Super Entrenamiento. by Mel C. Siff and Yuri Verkhoshansky | 9 Feb 2011. 4.6 out of ...

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Verkhoshansky (Author), Mel C. Siff (Author), Michael Yessis (Translator) & 0 more. 4.7 out of 5 stars 76 ratings. ISBN-13: 978-8890403811. ISBN-10: 8890403802.

Supertraining: Verkhoshansky, Yuri V., Siff, Mel C ...

Professor Yuri Verkhoshansky is predominantly known to most westerner readers as the Russian researcher who invented plyometric training (Shock Method). Many coaches and sport scientists around the world, however, recognize Y. Verkhoshansky as a prominent figure in the field of explosive strength training, one of the greatest experts in the theory of sports training whose ideas were implemented and expanded as: Methodology of Special Strength Training and Special Physical Preparation, Long ...

CV & Bibliography - Verkhoshansky Site

At the end of the 1950s, Yuri Verkhoshansky, a successful coach of the Track & Field jumpers, and students from the Aeronautical Engineering Institute, created a new training mean - vertical drop-rebound jump (Depth Jump). This exercise helped his athletes obtain an unexpectedly high increase in the level of

Shock Method and Plyometrics - Verkhoshansky

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4.0 out of 5 stars Supertraining. 21 December 2010. Format: Paperback. Great book, the bible of Strength and Conditioning. Very detailed and helped me through my degree, so I had to purchase. ... by Yuri Verkhoshansky. £40.00. 4.4 out of 5 stars 5. Periodization Training for Sports. by Tudor Bompá. £12.99. 4.7 out of 5 stars 14. New Functional ...

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