



# Explosive Power & Strength: Complex Training for Maximum Results

*Donald A. Chu*

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The best in sports conditioning now combines plyometric, resistance, and sprint training, matching workouts closely to the demands and skills of particular sports. *Explosive Power and Strength* not only offers three training methods in one but also shows readers how to create individualized, sport-specific programs.

Dr. Donald Chu has been a conditioning consultant for the Golden State Warriors, Milwaukee Bucks, Detroit Lions, Chicago White Sox, and the United States Tennis Association, working also with such famous athletes as professional tennis players Todd Martin and Lindsay Davenport, Kevin Maas of the New York Yankees, and Rodney Lewis, 100-meter Olympic sprinter.

In *Explosive Power and Strength* Chu emphasizes the use of complex training methods to maximize performance. The book features 33 resistance and 45 plyometric exercises, with 115 detailed illustrations showing their proper execution. Many exercises use free weights to isolate the specific muscle groups used most in various sports of interest. In addition, this reference includes three ready-to-use workouts for each of 11 sports and program design forms that athletes and coaches can use to customize workouts.

*Explosive Power and Strength* offers athletes and coaches the most innovative and effective training and conditioning methods available today!

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