



The Strength Coach Training Techniques and Methods: Training Techniques and Methods for Pure Strength (Paperback)

By MR Paul Kerridge

Createspace Independent Publishing Platform, United States, 2011. Paperback. Book Condition: New. 252 x 200 mm. Language: English . Brand New Book ***** Print on Demand *****.WHAT S IN THIS BOOK? This book describes the underlying principles and the methods used to develop strength. It covers in detail the commonly used approaches and the advanced techniques used by elite power lifters and strength athletes, as well as explaining how and why they work. It s a specialist publication intended for coaches but will also provide valuable information for anyone wishing to improve their own individual strength for sports performance. Each method described has comments on its suitability for specific strength improvement based on years of my own observations and diaries on performance for myself and the individuals I ve coached in boxing, weight lifting and power lifting. In developing greater strength in any movement most books on the subject neglect the most important organ responsible for muscular strength development, the brain. Your own brain is the major driver in the construction process, it s not simply a matter of lifting weights. You need to train intelligently using your mind to enhance your central nervous system capability as well as applying appropriate...



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