



Training for Speed, Agility, and Quickness-3rd Edition (Enhanced Edition)

Lee E. Brown, Vance A. Ferrigno

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- Football and rugby
- Basketball and netball
- Combat sports
- Track and field
- Soccer
- Lacrosse
- Tennis and Badminton
- Racquetball and squash

The top sport and conditioning experts present the best information on testing, techniques, drills, and training programs to maximize athletes' movement capabilities. The book includes 262 drills and proven assessments for customizing programs and tracking progress.

If you're serious about elevating your performance, Training for Speed, Agility, and Quickness: Enhanced Edition is a must have.

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