



Optimum Performance Training: Basketball: Play Like a Pro with the Ultimate Custom Workout Used by NBA Players and Teams

By Michael Clark

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Optimum Performance Training: Basketball: Play Like a Pro with the Ultimate Custom Workout Used by NBA Players and Teams, Michael Clark, Michael Clark virtually wrote the book that personal trainers all over America use to gain their certification in the field. As creator of the Optimum Performance Training system, he took personal training to a whole new level by introducing a program that could be fully customized for any sport. In this book, Clark will enable readers through his "self-assessment and design fitness system" to effectively pinpoint the weaknesses in their basketball skills and tailor a workout program that will improve on all the flaws in their game. By taking advantage of skill-specific tests, readers will be able to focus their workout time on the area they most need and will see quick results. This user-friendly guide begins with a simple five-step assessment to help you realize what your game lacks. Whether you want explosiveness off the first step, coordination and flexibility, the vertical leap, muscle strength, you'll pinpoint your deficiencies and benefit from the exact same workout that Clark uses for the NBA's biggest stars. Clark's revolutionary approach to fitness...



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Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

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