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It has been interpreted, many times incorrectly, by many people over this time. Now for the first time in english, Dr Verkhoshansky, the "father" of the Shock Method (known in the West primarily as Plyometrics) is able to set the record straight posthumously with the help of his star pupil and daughter, Dr Natalia Verkhoshansky.

Verkhoshansky Site

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Variant of stimulation method for legs: - vertical squat jump with a weight held between legs (16,24,or 32 kg). used as tonic work. - two sets of 6-8 jumps with rest 3-4 minutes conducted. Then after rest of 3-4 minutes, the second DEVELOPING exercise is executed for 6 or 8 reps multiple jumps from one.

Verkhoshansky's Sport Training Methods | Evolutionary ...

Short Curriculum of Prof. Verkhoshansky Professor Yuri Verkhoshansky is predominantly known to most westerner readers as the Russian researcher who invented plyometric training (Shock Method).

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.com

Supertraining. by. Mel C. Siff, Yuri V. Verkhoshansky, Michael Yessis (Translator) 4.48 · Rating details · 225 ratings · 11 reviews. The shock method * The development of adaptation process during the long term sport activity * The "compensatory adaptation" * Current Adaptive Reserve of

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Supertraining by Mel C. Siff

Supertraining Paperback – 7 Dec. 2009 by Yuri V Verkhoshansky (Author), Mel C Siff (Author), Michael Yessis (Translator) & 0 more 4.3 out of 5 stars 21 ratings

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Yuri Verkhoshansky is to strength and conditioning what Issac Newton was to physics. If you're the typical gym rat, be prepared to have your world blown wide open. You will learn nuances about things you didn't even know existed.

Amazon.com: Customer reviews: Supertraining

So far, if you think Zatsiorsky established an unreachable benchmark when he released the first edition of "Science and Practise of StrengthTraining" in 1995 (and the second one in 2005), the latest expanded edition of "Supertraining" by professor Yuri Verkhoshansky is arguably the most comprehensive book ever written in regards to theory and methodology of sports training and performance.

Amazon.com: Supertraining, 6th Edition: Mel C. Siff: Books

Kupte knihu Supertraining (Yuri V. Verkhoshansky) v ověřeném obchodě. Prolistujte stránky knihy, přečtěte si recenze čtenářů, nechte si doporučit podobnou knihu z nabídky více než 15 miliónů titulů.

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