



## Peak Conditioning Training for Volleyball

*Thomas Emma*

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Former Chicago Bull and strength & conditioning specialist Tom Emma presents a detailed recipe for peak volleyball strength and power training. Emma approaches training in four distinct segments. In part one of the book, you'll learn strategies to help you maintain peak performance levels (flexibility, recuperation, sleep, overtraining, injury prevention and rehabilitation, and nutrition and supplements). Part two covers conditioning, and includes comprehensive aerobic and anaerobic training programs. In part three, Emma explains strength training as it relates to volleyball, with detailed information on basics and principles, core-training protocol, and illustrated upper-body, lower-body, and combination exercise guides. Part four addresses every aspect of movement training, including plyometrics, speed training, cross-training, and much more. Features dozens of illustrations, photos, and diagrams.

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