



Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping

By Joel P Smith

Download now

Read Online ➔

Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith

Are you looking for a book that gives both the scientific basis for equipping athletes to jump higher, as well as the tools to get them to their highest potential?

Are you an athlete who is sick of jump programs with big claims, but don't deliver?

Vertical Foundations is the first vertical jump book that is written by a coach who has worked in track and field, strength and conditioning, and online training, as well as having published research on plyometrics. You won't find a book anywhere else from a coach with this unique experience.

With plenty of research, case studies, biomechanical models, and great training programs, this book is a must have for anyone interested in the vertical jump.

If you are serious about sport performance training, the vertical jump is a topic that inevitably comes up, and for good reason. It is the head-turning manifestation of explosive power that comes with fine-tuned athleticism.

It is time for a vertical jump book that encompasses science, biomechanics, proven programming, and the absolute wealth of knowledge that track and field has to offer. Vertical Foundations is the first book of its kind, integrating physiology, research, and observational analysis of hundreds of athletes into a work detailing the following:

The science of muscle action in vertical jumping

Which muscles influence different style of jumping

Technical points of standing and running jump Differences of force and speed dominant athletes Strength training and plyometric work

The influence of exercise on jump technique

Sample programming and training insights

If you want to refine your jumping form, learn how to train based on the demands of your unique jumping style, and reach new heights in training, Vertical Foundations will show you how!

 [Download Vertical Foundations: The Physiology, Biomechanics ...pdf](#)

 [Read Online Vertical Foundations: The Physiology, Biomechani ...pdf](#)

Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping

By Joel P Smith

Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith

Are you looking for a book that gives both the scientific basis for equipping athletes to jump higher, as well as the tools to get them to their highest potential?

Are you an athlete who is sick of jump programs with big claims, but don't deliver?

Vertical Foundations is the first vertical jump book that is written by a coach who has worked in track and field, strength and conditioning, and online training, as well as having published research on plyometrics. You won't find a book anywhere else from a coach with this unique experience.

With plenty of research, case studies, biomechanical models, and great training programs, this book is a must have for anyone interested in the vertical jump.

If you are serious about sport performance training, the vertical jump is a topic that inevitably comes up, and for good reason. It is the head-turning manifestation of explosive power that comes with fine-tuned athleticism.

It is time for a vertical jump book that encompasses science, biomechanics, proven programming, and the absolute wealth of knowledge that track and field has to offer. Vertical Foundations is the first book of its kind, integrating physiology, research, and observational analysis of hundreds of athletes into a work detailing the following:

The science of muscle action in vertical jumping

Which muscles influence different style of jumping

Technical points of standing and running jump Differences of force and speed dominant athletes Strength training and plyometric work

The influence of exercise on jump technique

Sample programming and training insights

If you want to refine your jumping form, learn how to train based on the demands of your unique jumping style, and reach new heights in training, Vertical Foundations will show you how!

Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith Bibliography

- Sales Rank: #776309 in Books
- Published on: 2014-11-07
- Original language: English
- Dimensions: 10.00" h x .33" w x 7.00" l,
- Binding: Paperback
- 144 pages



Download [Vertical Foundations: The Physiology, Biomechanics ...pdf](#)



Read Online [Vertical Foundations: The Physiology, Biomechani ...pdf](#)

Download and Read Free Online Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith

Editorial Review

About the Author

Joel Smith, MS, CSCS is the owner of Just Fly Sports, a hub of training knowledge for coaches and serious athletes alike. He is currently serving as an NCAA division I strength coach, working with track and field, swimming and tennis. He also has 8 years of experience as a track and field coach, and carries a high jump personal best of 7'0.

Users Review

From reader reviews:

Carolyn Lutz:

The book Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping give you a sense of feeling enjoy for your spare time. You may use to make your capable far more increase. Book can to become your best friend when you getting strain or having big problem with the subject. If you can make reading through a book Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping to become your habit, you can get a lot more advantages, like add your current capable, increase your knowledge about some or all subjects. You could know everything if you like available and read a guide Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping. Kinds of book are several. It means that, science publication or encyclopedia or other folks. So , how do you think about this guide?

Daniel Carter:

Often the book Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping will bring someone to the new experience of reading some sort of book. The author style to elucidate the idea is very unique. If you try to find new book to see, this book very suitable to you. The book Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping is much recommended to you to study. You can also get the e-book from official web site, so you can quicker to read the book.

Arthur Johnson:

Your reading 6th sense will not betray you, why because this Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping book written by well-known writer who knows well how to make book which might be understand by anyone who else read the book. Written inside good manner for you, dripping every ideas and producing skill only for eliminate your hunger then you still doubt Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping as good book not simply by the cover but also by content. This is one publication that can break don't determine book by its handle, so do you still needing an additional sixth sense to pick this!? Oh come on your looking at sixth sense already told you so why you have to listening to another sixth sense.

Tiffany Zamora:

Do you like reading a e-book? Confuse to looking for your selected book? Or your book has been rare? Why so many concern for the book? But almost any people feel that they enjoy with regard to reading. Some people likes looking at, not only science book but also novel and Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping or even others sources were given information for you. After you know how the great a book, you feel wish to read more and more. Science reserve was created for teacher as well as students especially. Those publications are helping them to bring their knowledge. In additional case, beside science e-book, any other book likes Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping to make your spare time much more colorful. Many types of book like here.

Download and Read Online Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith #85QUHMWFJNX

Read Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith for online ebook

Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith books to read online.

Online Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith ebook PDF download

Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith Doc

Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith Mobipocket

Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping By Joel P Smith EPub