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The information in this manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this manual or DVD, be sure that your equipment is wellmaintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this program are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Accelerated Muscular Development. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician. Dont perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you dont use Accelerated Muscular Development, please follow your doctors orders. Introduction We all know athletes who can bench and squat the entire weight room, but they cant get out of their own way. We also know athletes who are lightning fast, yet the slightest breeze can blow them away. But the athletes that everyone envys the athletes that dominate on the athletic field are the ones that possess that rare combination of strength AND speed.

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THOSE are the athletes that are getting the scholarship offers, winning the gold medals and signing multimillion dollar contracts. THOSE are the athletes that have developed the most important physical characteristic in all of sportsPOWER. And becoming POWERFUL is what this product is all

about. This can also be termed force times velocity. And in simple terms, if an athlete is powerful, they will be able to generate force quickly. If an athlete develops force quickly, that means they can demonstrate a high rate of force development RFD. Force is dependent on our ability to recruit the high threshold motor units required for a specific task. And not only recruit them, but do so very fast. This is termed being neurologically efficient and this can be enhanced in the gym. The main difference between traditional heavy weight training and power training lies in the load and speed of the movement for the exercise. If we simply look at the fv curve, at approximately 30-50% of max force or velocity we see the greatest power output. With that being said, the movements should be done with bad intentions and with a mental focus and a level of excitement. The athletes should be moving themselves or the implement as fast as possible, even as the load increases. The goal is to always be trying to develop the RFD. Power training must be high quality over quantity and the volume needs to be watched closely. When performing power exercises, the speed of the movement must be monitored. When speed diminishes, that is when the set is terminated. To ensure the utmost intensity and power, full recovery between efforts is typically recommended.

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Looking at the fv curve again we can make the determination that if you get an athlete stronger increase 15RM and get the athlete faster power exercises by increasing their ability to demonstrate speed, and you do so specific to the metabolic and biomechanical demands of their sport Verkhoshansky, they will increase their potential for performance on the field. Training Age Novice athletes typically fall to the left of the strength speed continuum. At one end you have absolute strength and at the other end you have absolute speed. Developing their absolute strength will have implications on their ability to generate power. For athletes who are inexperienced in strength training, any increase in maximum strength will lead to increases in power and their ability to generate more force at fast speeds. They will require more reactive or power training to improve their power output. But it really is an individual assessment. How Core Strength and Stability Affects Power The generic term core encompasses all of the musculature anterior and posterior from the shoulders to the knees. Core strength is very important for power development. The athletes ability to absorb impact, stabilize, accumulate forces, and transfer power is all dependent upon their core strength. Strengthening hip dominant, rotational and antismovement patterns, will develop a comprehensive core strength profile. And when were talking about sport specific or functional, power is plane and force vector specific. That means whatever movement pattern we are executing, we are developing power specific to that pattern. For more clarification, we must look at Verkhoshanskys Principles of Dynamic Correspondence. Verkhoshanskys Dynamic Correspondence states that a functional movement must also match the duration of movement, the intensity of movement, and the speed of movement or it isnt functional for their sport. What muscle groups are involved. What is the direction of movement.

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How intense is the muscle contraction. The speed of the movements. The duration of the movements. If we can develop an athletes explosive power potential in the gym in similar movement patterns of their sport, we can increase their potential to perform better on the field. Improve Core Strength A strong core builds the foundation for any POWER! program. Without a strong core, the athlete will not have the ability to efficiently absorb and transfer forces through their body. The core musculature should be strengthened through the execution of various movement patterns, as well as resisting these movement patterns. Programming Core strength training exercises should be integrated into every workout. You answered the question in a way that really made sense to me and taught me a lot. As you can see it is physically similar to rugby, requires the speed and endurance of a soccer player, and similar ball handling skills of a baller. That blog post was well received from my readers due to it's "timely" nature. I have a desire to keep learning. Of specific interest to me is

improving vertical leaping ability. To further my knowledge i recently purchased Special Strength Training Manual for coaches from elitefts. It doesn't matter Thank you, for helping us keep this platform clean. The editors will have a look at it as soon as possible. The Revolutionary New Training System That Will Completely Change Your Workouts Forever! And, if you get it wrong, you'll risk having a team full of "weight room warriors" who can't display their strength on the athletic field! This Special Strength manual and accompanying DVD will answer that question and help your athletes yield impressive results in the competitive environment. I strongly recommend it to everyone who is truly interested in helping their athletes achieve the upper most limits of their abilities.

When your athletes are ready, will you know the right exercises to get them to their goals Covering all aspects of strength training, progression, and athletic development, this key resource will bring everything together and give you the guidance you need for building superior training programs and helping your athletes achieve greatness. The Special Strength manual will be used handin hand with the DVD to give you the full system for progressing each athlete from the basics of position, control, and technique to increasing your athlete's potential strength, power, and speed expressions for their position in any sporting event. This is your personal video library of how to exactly perform each special strength exercise so you can optimize each athlete's technique with each and every lift. The DVD will be an invaluable tool for getting the right technique, speed of movement, and intent for how each exercise should be performed.Finally, discover the howand why tempo training is critical for developing power and rehearsing speed mechanics with the exact tempo running routines Cameron uses with his NFL pro athletes! You'll learn a critical but rarely used part of the workout that EVERYONE MUST do to make every single rep and every single set SUPER EFFECTIVE. Joe gives the absolute most powerful method for building more muscle and getting stronger with his closelyguarded secrets that the BEST coaches and trainers know and use in every one of their workouts. Find out which movements you HAVE to do to get constant, longterm gains and a shatter your records in the gym by helping you to start adding more weight to the bar RIGHT NOW. Finally, if you need to dial in your bench press, squat, or deadlift form, get the regressions and progressions that will be the key to finally jumpstarting your progress in the gym and dialing in YOUR perfect technique. In this video presentation, Joe shares the truth about how to develop SPEED for TEAM SPORTS.

Get the common mistakes that are often missed in most programs OR used too much. Find out if overspeed training is overrated or a super powerful SPEED BUILDER. Learn the critical difference between speed and conditioning. The truth about how strength training affects speed and power and why you don't want to build "All Show, No Go" athletes who can't perform on the athletic field. Finally, the most forgotten aspect of speed is revealed. Hint everyone needs it, yet no one trains it! This was the worst possible thing I could have done because I was constantly injured, which prevented me from making any gains. Then I was introduced to AMPED. The thing I love about the AMPED warmups is that they are unique and extremely practical; the exercises flow together perfectly and don't take all day to complete. Since incorporating AMPED into my workouts, I've been injuryfree, setting PR's in the gym every week, and I'm in the best shape of my life!" AMPED is about more than just preventing injury or increasing mobility. AMPED is about increasing results. GET AMPED and watch your lifts go up, and your performance improve." It is simple, effective and very user friendly. The variety of warm up ideas that you offer will keep the novelty in an essential part of any good workout. Joe, the Badass program changed the intensity in our weight room at school like nothing I have seen and now AMPED has more students warming up properly than ever before. AMPED has done that!!! Thanks so much!! One of the teachers overhead a student say that they felt AWESOME after their warm up. I have felt the same myself. My workouts have been better and I feel much better the day after the workout as well. I would suggest that any Phys Ed teacher or coach of any sport pick up a copy of this for their classes and their athletes. You will have endless

effective ideas that you use immediately!! Thanks again guys!! I look forward to the next product that you guys produce!!

" The best part I would say is that they actually enjoy the warm up. I've even had kids tell me they felt great after using the warm up and they they felt less sore after their workout." When I received my copy of AMPED warmup I was blown away by all the options. Whether someone wants to warmup to play a sport or perform an upper, lower, or full body workout, AMPED has it all and much, much more. Once I started using AMPED, my workouts became much more productive and my warmup is something I actually look forward to performing. AMPED is something every athlete or person stepping into a gym should consider as a necessity. Get this great tool to feel great before, during, and after your workouts." If you utilize the system to build better workouts and consistently incorporate the special strength exercises into your training sessions, your athletes will get stronger and build muscle faster than ever before. If you honestly test out the system and it doesn't work for you, then email our customer support team and we'll refund your investment. We stand behind this product 100% and there is absolutely no risk. We guarantee this product's effectiveness and are committed to your success. It's time to change the training game and change how athletes prepare for their game. The entire system will be shipped directly to the address you use during checkout. If you are an International customer, shipping can take up to 23 weeks depending on where you are in the world. All Rights Reserved. The results depicted on this website are actual results of real clients who followed the workouts and advice described in the Strength System. If you don't do anything, you can expect no results. Consult your physician before starting a fitness program. Transmission 5 speed manual 5 speed manual 5 speed manual 4 speed automatic 5 speed manual Transmission 5 Speed Manual 5 Speed Manual 5 Speed Manual Gear ratios. On September 23, 2002, DeFranco's treating.

Concentration Educational Leadership and Cultural Studies. University of Houston,. These books contain exercises and tutorials to improve your practical skills, at all levels! This site does not host pdf, DOC files all document are the property of their respective owners. Please respect the publisher and the author for their creations if their books are copyrighted Bitte aktiviere JavaScript. Por favor, activa el JavaScript. This nightmare happens all of the time even at the highest level. Remember when Brady came back from a 283 deficit and won Super Bowl 51. Defenses become defenseless when they just can't keep up with the pressure from a relentless offense! They only think about the next game or even getting them ready for practice each week. The school, the parents, and the players are looking at YOU for the right answers. These coaches basically STOP learning and think they know everything. It takes them years to get ahead and they can't ever get out of their own way to actually figure out how to win. They will become fully committed to your program and give you everything they've got every single snap! You will be the coach you've always wanted to be! It is not enough to just get a system to use because it will never become YOUR program. We have the solution and now you will too! It truly is the most comprehensive football training system every put together No stone has been left unturned because every single aspect of training football players the right way is covered in this unparalleled system of training that is built on our proven 6Tier protocol. No more uncertainty of wondering if your program is going to actually work. No more misunderstanding of longterm development for your athletes and how to make an effective change to your program right now. No more lack of understanding of how to build strength, power, or speed to help good players get great. It is all built into this oneofakind football training system.

In this system, the 12month CPPS football training philosophy will cover athletic development over the course of an entire year and will reveal the critical balance between recovery and strength training. Driven by the worldrenowned CPPS programming model, the groundwork will be placed for athletes to build and be able to display insane levels of explosive power and blazing speed. I have

spent countless hours reading and watching their videos and each time I come away knowing that I've increased my knowledge and understanding of physical preparation. I have the utmost respect and admiration for these two men. Eleven years, two Superbowl rings and two Pro Bowls later Joe didn't only help me accomplish my goals he helped me EXCEED them. When it comes to football preparation, there aren't many better than Joe D. It has helped produce the most AllConference athletes, AllState athletes, and College scholarships in our area. From youth football players to the pro's, the CPPS Football course will help coaches design, implement, and deliver safe, effective, and TRANSFERABLE results. Get 10 shockingly simple "principles" for turning your athletes into powerhouses that dominate their competition and run through a brick wall. Your athletes will have more explosive power and more crushing speed! Get the proven, timetested, and extremely effective TOP 8 ACCELERATION drills for every athlete at any skill level so they can burn past any defender. Discover all of the secrets of preparing for the COMBINE with our stepbystep guide for every SINGLE test so every athlete can achieve their dreams! We also updated two MAJOR techniques for two of the hardest ones. Get the "MustHave" essential equipment list every football coach must have to get their program started and what you need to get next! Module 27 Train SLOW to get FAST. That is NOT a typo.

Check out the shockingly simple way football players can get faster and immediately improve their acceleration technique in Module 16 BONUS Downloadable Speed and Acceleration presentation! Learn the shocking difference between warming up before a workout vs. Completely change your programming model for quarterbacks with these proven, yet littleknown weight room tweaks. Stop running your players into the ground with old and outdated conditioning drills. Completely change your conditioning forever and have your athlete ready to play at maximum output every single game. See our football conditioning favorites in Module 31 We added just ONE of these recovery drills in Module 6 to our programs and EVERY single athlete improved their technique, increased their range of motion, AND got stronger! At 168 pages, the CPPS Football manual covers the 6Tiers Protocol of athletic strength development and performance training for football players at all levels, including the CPPS training philosophy, the most effective restoration modalities, strength development, speed training, power training, realworld agility training, efficient programming models, and mastery of the Combine tests. This fullcolor manual comes with our bestofthebest templates, programs, and workouts for football players and covers an entire year of training. It is the perfect complement to use with the CPPS Football video modules to help bring your football program up to a worldclass level. Max Velocity Sprint Mechanics If you honestly test out the system and it doesn't work for you, then email our customer support team and we'll refund your investment. We stand behind this product 100% and there is absolutely no risk. We guarantee this product's effectiveness and are fully committed to your success. We've literally left no stone unturned and covered every single aspect of football preparation. Especially when we're giving a complete system that will revamp your entire program.

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