

## DS Performance - Strength Conditioning Training Program for Badminton, Power, Intermediate (Paperback)



Filesize: 9.73 MB



### ***Reviews***

*Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.*  
*(Kade Ankunding)*

## **DS PERFORMANCE - STRENGTH CONDITIONING TRAINING PROGRAM FOR BADMINTON, POWER, INTERMEDIATE (PAPERBACK)**



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A 12 week strength conditioning training program for Badminton, focusing on power development for an intermediate level. DS Performance have created an exclusive series of sport specific, strength conditioning training programmes that have underpinning, evidence based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume. Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training. It has been put in place to increase your mobility, it can also be used to support your warm-ups and cool downs. To aid your training, we also included a series of tables to create your lifting percentages. These tables will help you work out your working percentages from 40 -95 . The tables are broken down into 5 loads, all in kilograms, ranging from 10kg-300kg All training programmes by DS Performance are 12 weeks in duration, we recommend that you do two, six week training blocks, with a de-loading week between the two training blocks. This will allow the body to recover, prepare you for the second training phase and reduce any risk of injury. Badminton requires specific physical and physiology attributes - such as great court speed and agility, with a good background of endurance. The relative importance of the physiological parameters such as strength, speed, agility and power along with great skill are essential for making a champion Badminton player. This is why our programmes have been designed to develop all key physical attributes for...

-  [Read DS Performance - Strength Conditioning Training Program for Badminton, Power, Intermediate \(Paperback\) Online](#)
-  [Download PDF DS Performance - Strength Conditioning Training Program for Badminton, Power, Intermediate \(Paperback\)](#)

## Related PDFs

---



### **Capacity (Paperback)**

Spectra Books, United States, 2006. Paperback. Condition: New. Reprint. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book....

[Download Document »](#)

---



### **9787301204450 theory of industrial organization(Chinese Edition)**

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2012-04-01 Pages: 354 Publisher: University Press title: the theory of industrial organization...

[Download Document »](#)

---



### **Elements Of Ecology, 8Th Edn**

Pearson India, 2014. Soft cover. Condition: New.

[Download Document »](#)

---



### **All about America: Facts Fun (Paperback)**

Dover Publications Inc., United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. What s your favorite state in America? This fun-filled book can help you decide. Bursting with delightful activities, it shows...

[Download Document »](#)

---



### **Our World Readers: How the Milky Way Began: American English**

Heinle-Cengage ELT. Pamphlet. Condition: New. New copy - Usually dispatched within 2 working days.

[Download Document »](#)