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By Mark Ginther

Relentlessly Creative Books, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Explosive Speed and Power isn't something you are either born with or not, but like all things can be developed. K.O. Power will show you how to unlock your hidden potential, allowing you to be faster and more powerful than you thought possible. In K.O. Power you will learn: -How to design a personalized training routing to develop explosive power and speed in your punches, kicks and throws -How to optimize training time and properly peak for competition -Which are the most effective strength training, plyometric and ballistic exercises for fighters -Why big muscles aren't necessarily strong, and why strong muscles aren't necessarily powerful -How improper endurance training can inhibit your speed and power. -Why light-weight, high-speed training can actually make you slower. Praise for Mark Ginther and K.O. Power: Mark's workouts for explosive power are really impressive. When it comes to training for speed and power, K.O. Power is the undisputed champion! -Mark Hunt, MMA fighter in the UFC, Pride FC, and winner of the 2001 K-1 World Grand Prix I was an avid reader...



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