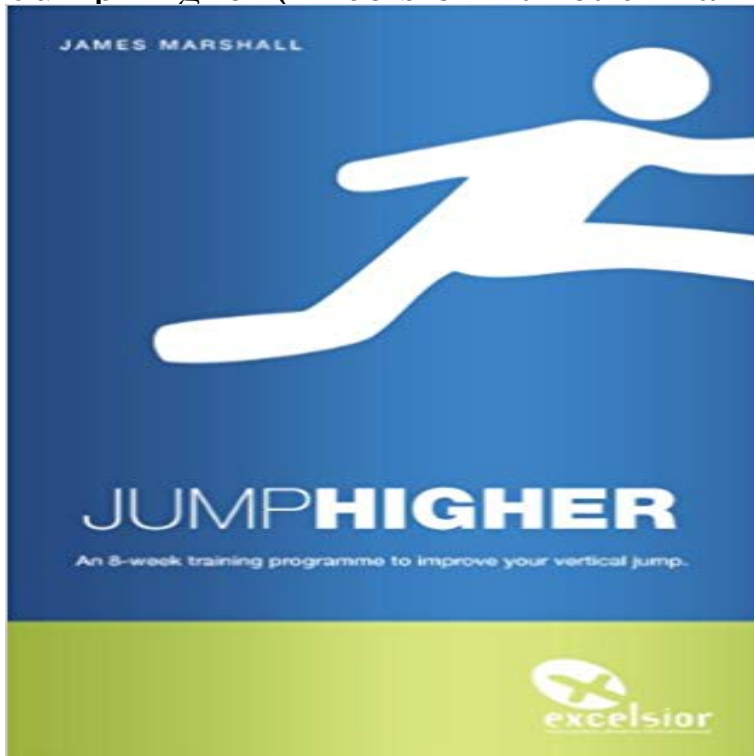


## Jump Higher (Excelsior Athletic Training Book 1)



Are you an athlete looking to improve your jumping ability and power? Then this Kindle book is the one for you. It gives an eight-week training programme that will increase your vertical jump. The book features video hyperlinks to video clips that show the relevant exercises, so that athletes can be sure they are following the instructions correctly. Chapters include an introduction to fitness, how to develop strength and power and how to plan your training. The book explains not only how to do the exercises but why they are beneficial. This enables athletes to train safely and effectively, and incorporate the programme into their regular regime.

Excelsior is committed to improving the performance of all young athletes and helping them reach their potential in a safe and effective manner. James Marshall, who owns and runs the company, is a fitness expert with a difference. He wants athletes to be comfortable being uncomfortable. His philosophy is that they have to continually progress and try new things in order to be their best, the comfort zone is the dead zone.

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