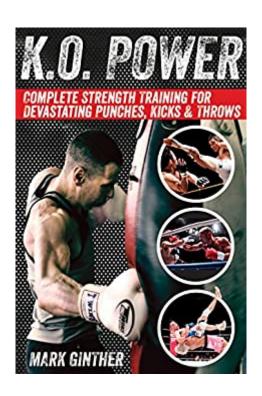


The book was found

K.O. Power: Complete Strength Training For Devastating Punches, Kicks & Throws





Synopsis

Explosive Speed and Power isn $\tilde{A}\phi\hat{a} - \hat{a}_{,,\phi}$ 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:â⠬⠕How to design a personalized training routing to develop explosive power and speed in your punches, kicks and throws A¢â ¬â •How to optimize training time and properly peak for competition¢â ¬â •Which are the most effective strength training, plyometric and ballistic exercises for fighters ¢â ¬â •Why big muscles aren't necessarily strong, and why strong muscles aren't necessarily powerfulâ⠬⠕How improper endurance training can inhibit your speed and power. â⠬⠕Why light-weight, high-speed training can actually make you slower. Praise for Mark Ginther and K.O. Power: ¢ā ¬Å"Mark¢⠬ā,,¢s workouts for explosive power are really impressive. When it comes to training for speed and power, K.O. Power is the undisputed champion!â⠬•â⠬⠕Mark Hunt, MMA fighter in the UFC, Pride FC, and winner of the 2001 K-1 World Grand Prix ââ ¬Å"I was an avid reader of Markââ ¬â,,¢s strength & conditioning column in Full Contact Fighter, and was impressed by how dead-on his information and advice was. For those that want to become heavy hitters, K.O. Power is a must read. Aç⠬• Açâ ¬â•Phil Baroni, Veteran MMA fighter of the UFC, Pride FC, Strikeforce and others. ââ ¬Å"In preparation for my fight in K-1 Dynamite, Mark devised a routine that improve my endurance without sacrificing power! Mark has the ability to take what you think you know, and throw a whole new light on it. Anyone interested in developing knockout power should definitely read K.O. Power. ¢â ¬Â• A¢â ¬â •Bob Sapp, Veteran fighter in K-1, Pride FC, and others, professional wrestler, actor, comedian and former professional NFL football player

Book Information

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Customer Reviews

This book deliver what it says in the title. The author stress training for power without sacrificing speed and the book provide clear description of how you will achieve just that. Very recommend for all martial artists and athlete. Pap

This book is terrific for anyone doing any kind of training. It's easily understood while being based in real science. Well written and readable.

Great Book, very detailed workouts and plans gets a good perspective on different training styles and workout plans.

Great book for people who are very fit and want to increase strength.

I have been involved in the sports and fitness for over 20 years so many of the concepts and methods covered in K.O. Power are not new to me- periodization, plyometrics, and so forth. What makes Ginther's book stand out is his in-depth analysis of these various strength-training concepts and methods, both in and of themselves as well their martial arts and fight-sport applicantsK.O. Power is excellent both for the seasoned athlete or coach as well as the absolute beginner, as it provides all the tools necessary to turn the inexperienced novice into a competent journeyman, but is also provides unique insights and analysis that has made me rethink a lot of what I believed about strength and conditioning.K. O. Power is a must-read for all serious fighters and coach.

Neat book. Reinforces basics and gives some neat gems.

Good compliment to all the other reference material I already have.

I trained with Mark in Japan in 2008 and was great to reacquaint myself with his techniques in " KO Power"well done Mark

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