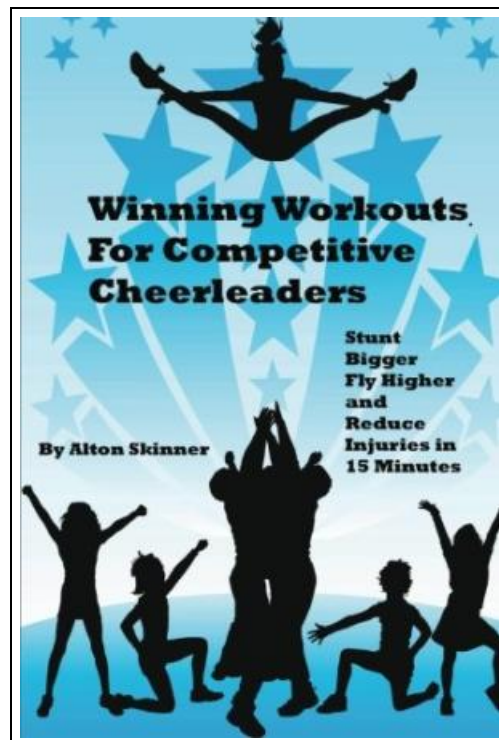


Winning Workouts for Competitive Cheerleaders: Stunt Bigger, Fly Higher and Reduce Injuries in 15 Minutes



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Reviews

An incredibly great book with perfect and lucid reasons. It really is written in straightforward words instead of confusing. I am just very easily could get a delight of reading through a written pdf.
(Curt Bogan)

WINNING WORKOUTS FOR COMPETITIVE CHEERLEADERS: STUNT BIGGER, FLY HIGHER AND REDUCE INJURIES IN 15 MINUTES



Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is your essential guide to training for competitive cheerleaders. Immediately make improvements in your strength, power and conditioning so you can dominate your competition. You will learn how to become incredibly strong and explosive, resulting in improved stunting and tumbling by training the real world strength required for competitive cheerleading without long, boring workouts. The exercises can be easily plugged into your current practices and you can get started immediately. You might think you have to spend a ton of time in the gym. Actually, you can cut down your training time with the highly effective exercises in this program. You will be able to get in, get out and see results. Here is a sample of what is inside: How to increase jump height by 16.2 . Why one warm-up mistake maybe reducing your jumping power by 19 for over 90 minutes. Create the ability to jump 50 quicker. Imagine higher faster, toe touches and flips. Develop aggressive speed and unrelenting explosiveness with one simple training method and take your stunts to an entirely different level. How to reduce the five most common cheerleading injuries, stay pain free and ready to perform. Learn the most dangerous time of practice and how to avoid this danger zone. Save time and your athletes. Boost competitive spirit and drive with one simple to implement training method. Over 100 pictures and demos of the exact way to perform the drills to enhance your effectiveness Accurately track your progress with workout sheets. Six 12 Week Training programs with the exact sets, reps, and rest to maximize your performance. Take the guess work out of your workouts. Learn the best time...



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