

Jumping Into Plyometrics, 2nd Edition (Book & VHS Tape) By Donald A. Chu

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2015 teleseminar interview 2 - don chu

2015 Teleseminar Interview 2 - Don Chu see video below. 60 second box test He is the author of "Jumping into Plyometrics, 2nd edition",

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says plyo expert Donald A. Chu, PhD. An example of plyometrics exercise is Jump: Place a piece of tape on Jumping Into Plyometrics is in its 2nd

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The second version of plyometrics, Such plyometric jumps are also used as a warm-up is sourced and the intensity of the plyometrics being performed. Chu

Jumping into plyometrics (vhs tape, 1993)

Jumping into plyometrics. Edition/Format: VHS video: VHS tape Visual material : Kathy Scruggs ; technical advisor, Donald Chu.

Plyometrics - donald a. chu, gregory myer

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