



Jumpmetrics

Alan Tyson, Ben Cook

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Improve your jump performance, power, and technique! *Jumpmetrics* is the complete program that will give you an edge in any sport involving quick first steps, cuts, and especially jumps.

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By combining traditional strength and plyometric exercises with postural, balance, and stabilization training, *Jumpmetrics* conditions not only the prime movers but also the stabilizing muscles and antagonists—helping you move more efficiently while reducing your risk of knee injury. You'll also learn about the proper joint position during high-speed, loaded movements so that you develop better body control.

Improve your first-step explosion, leaping ability, and overall quickness with the expert advice in *Jumpmetrics*—and unleash your body's power!

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