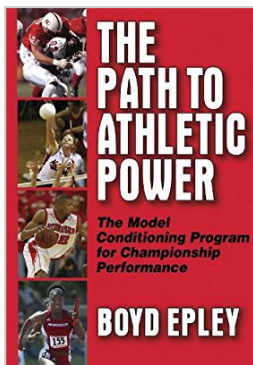


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Path to Athletic Power:Model Conditioning Program for Champ Perf

By Boyd Epley

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Path to Athletic Power:Model Conditioning Program for Champ Perf By Boyd Epley

Tap into the genius of Boyd Epley, founder of the National Strength and Conditioning Association (NSCA) and the University of Nebraska's storied Husker Power program. *The Path to Athletic Power* provides unique insight into the evolution of modern sports conditioning, how it was significantly influenced by the developments in Epley's highly successful program, and the best and most current version of that program, so you too can build superior athletes.

Epley's 10 conditioning principles provide the foundation for big-time success on the field or court. Draw on the same methods he's used to develop three Heisman Trophy winners, eight Outland Trophy winners, and 300 athletes who moved on to play in the NFL or win national, world, or Olympic titles. From training three-dimensional movement to using split routines, his innovative workouts have produced exceptional gains in power, strength, and speed.

With the help of step-by-step explanations and exclusive insights appearing in print for the first time, you'll be able to design a state-of-the-art conditioning plan, complete with in-season, off-season, and multisport programs. Draw on Epley's wealth of knowledge, experience, and success for sure footing and fast progress on the path to athletic power!

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“Boyd Epley has had a long and successful career in the field of strength and conditioning. All readers can benefit from this strength and conditioning pioneer's vast knowledge and expertise. The Path to Athletic Power is an extremely practical, thorough, and comprehensive resource for the development of a safe and effective strength and conditioning program.”

Dr. Chuck Stiggins

Executive Director, Collegiate Strength and Conditioning Coaches association

""Boyd presents a unique and insightful view of the development of the Nebraska Husker Power program. Incorporated with this view are useful guidelines and examples which can be valuable to anyone involved in the strength and conditioning profession.""

Meg Stone

Coaching Manager, United States Olympic Committee

""Boyd's program helped my strength and durability, which not only kept me injury free at Nebraska but also during my ten years as fullback for the Detroit Lions. The Path to Athletic Power can help you, too.""

Cory Schlesinger

Detroit Lions

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