



THE BODY COACH

PAUL COLLINS

THE BOOK

Train like Olympic and World Class athletes!

Power Training is packed with more than 80 power training drills, tests and training routines using one's own body weight as resistance. These exercises are used by Olympic and World Class athletes to improve their athletic performance.

For many years coaches and athletes have sought to improve power, a combination of speed and strength, in order to enhance performance. *Power Training Basics* is designed as an educational tool to assist in the development of training programs that aim to keep athletes fit, strong and powerful all year round.

The athletes that will benefit the most from power training are those that require speed and strength - the ability to exert maximal forces during high speed movements while maintaining perfect technique.

Power Training is an excellent way for conditioned athletes to increase and develop their jumping, sprinting and explosive power.

THE AUTHOR

As a leader in the field of personal fitness, back care and weight loss, Paul Collins, Australia's Personal Trainer™, has successfully combined a sports fitness background with a degree in physical education and an international certification as a strength and conditioning coach, personal trainer, first aid officer and sports coach.

Collins is the creator of The Body Coach® exercise products and educational programs. Coaching since the age of 14, he is now an award-winning personal trainer with more than 20 years of experience. His clients are World Class athletes including national Olympians and Paralympic World Champions and TV stars.



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THE BODY COACH

Power Training

PAUL COLLINS



Power Training

- Improve speed and strength
- Train like Olympic and World Class athletes
- More than 80 Power Training drills

MEYER & MEYER SPORT

Power Training

Medical Disclaimer:

The exercises and advice given in this book are in no way intended as a substitute for medical advice and guidance. It is sold with the understanding that the author and publisher are not engaged in rendering medical advice. Because of the differences from individual to individual, your doctor and physical therapist should be consulted to assess whether these exercises are safe for you. Always consult your doctor and physical therapist before starting this or any other exercise program. The author and publisher will not accept responsibility for injury or damage occasioned to any person as a result of participation, directly or indirectly, of the use and application of any of the contents of this book.

The Body Coach Series

Power Training

**Build your most powerful body ever
with Australia's Body Coach®**

Paul Collins



Meyer & Meyer Sports

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Paul Collins

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Introduction

Welcome!

I'm The Body Coach®, Paul Collins, your exclusive personal coach here to guide and motivate towards developing your most powerful body ever using your own body weight. A major breakthrough in exercising, Power Training provides practical hands-on training drills for helping improve athletic performance. What's more, Power Training is an excellent way for conditioned athletes to increase and develop their jumping, sprinting and explosive power. So for this reason, to be effective 100% focus is required.

For many years coaches and athletes have sought to improve power, a combination of speed and strength, in order to enhance performance. As a result, Power Training is designed as an educational tool to assist in the development of training programs that aim to keep athletes fit, strong and powerful all year round. The athletes that will benefit most from power training are those that require speed-strength – the ability to exert maximal forces during high speed movements whilst maintaining perfect technique.

The exercises prescribed are the exact ones used by Olympic and World Class athletes in a number of sports as part of their training programs. Packed with more than 80 Power Training Drills, Tests and Training Routines over nine chapters you now have the ultimate range of exercises available to you for improving your power and athletic performance.

I look forward to working with you!

Paul Collins

The Body Coach



About the Author

Paul Collins is an award-winning personal trainer in Australia, a prolific author on fitness and weight loss topics and General Manager of the Australian Academy of Sport and Fitness, an International College in Sydney, Australia specifically for overseas students wishing to study and obtain fitness and personal training qualifications. Each year Paul inspires thousands of people through appearances on TV, radio and print media and seminars.



Coaching since age 14, Paul has personally trained world-class athletes and teams in a variety of sports, e.g., athletics, rugby, soccer, squash, tennis and many others including members of the Australian Olympic Swimming Team. He is also a key presenter to the Australian Track and Field Coaching Association, Australia Swimming Coaches and Teachers Association, NSW Squash Academy and the Australian Fitness Industry. Paul is an outstanding athlete in his own right, having played grade level in the National Rugby League. He is also a former Australian Budokan Karate Champion, A-grade Squash Player and NSW Masters Athletics Track & Field State Champion.

As a leader in the field of personal fitness and weight loss, Paul has successfully combined a sports fitness background with a Bachelor of Physical Education Degree and international certification as a strength and conditioning coach and personal trainer. As designer of *The Body Coach* book series, exercise products and educational programs, Paul travels internationally to present a highly entertaining series of corporate health & well-being seminars and exclusive five-star personal training for VIPs.



For more details visit: www.thebodycoach.com

Contents

Introduction	.5
About the Author	.6
Chapter 1 Power Plyometric Training	.8
Chapter 2 Power Testing	.24
Chapter 3 Jumps	.31
Chapter 4 Bounds	.57
Chapter 5 Hops	.65
Chapter 6 Box Drills	.92
Chapter 7 Speed, Power and Reaction Time	.106
Chapter 8 Upper Body Power Training	.112
Chapter 9 Power Training Routines	.121
Power Training Index	.131
Photo & Illustration Credits	.136

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