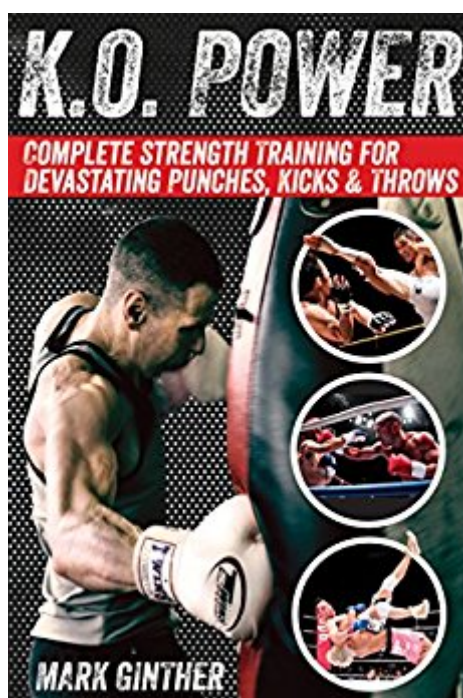


The book was found

K.O. Power: Complete Strength Training For Devastating Punches, Kicks & Throws



Synopsis

Explosive Speed and Power isn't something you are either born with or not, but like all things can be developed. K.O. Power will show you how to unlock your hidden potential, allowing you to be faster and more powerful than you thought possible. In K.O. Power you will learn:

- How to design a personalized training routine to develop explosive power and speed in your punches, kicks and throws
- How to optimize training time and properly peak for competition
- Which are the most effective strength training, plyometric and ballistic exercises for fighters
- Why big muscles aren't necessarily strong, and why strong muscles aren't necessarily powerful
- How improper endurance training can inhibit your speed and power.
- Why light-weight, high-speed training can actually make you slower.

Praise for Mark Ginther and K.O. Power:

“Mark's workouts for explosive power are really impressive. When it comes to training for speed and power, K.O. Power is the undisputed champion!”

•Mark Hunt, MMA fighter in the UFC, Pride FC, and winner of the 2001 K-1 World Grand Prix

“I was an avid reader of Mark's strength & conditioning column in Full Contact Fighter, and was impressed by how dead-on his information and advice was. For those that want to become heavy hitters, K.O. Power is a must read.”

•Phil Baroni, Veteran MMA fighter of the UFC, Pride FC, Strikeforce and others.

“In preparation for my fight in K-1 Dynamite, Mark devised a routine that improve my endurance without sacrificing power! Mark has the ability to take what you think you know, and throw a whole new light on it. Anyone interested in developing knockout power should definitely read K.O. Power.”

•Bob Sapp, Veteran fighter in K-1, Pride FC, and others, professional wrestler, actor, comedian and former professional NFL football player

Book Information

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Customer Reviews

This book deliver what it says in the title. The author stress training for power without sacrificing speed and the book provide clear description of how you will achieve just that. Very recommend for all martial artists and athlete. Pap

This book is terrific for anyone doing any kind of training. It's easily understood while being based in real science. Well written and readable.

Great Book, very detailed workouts and plans gets a good perspective on different training styles and workout plans.

Great book for people who are very fit and want to increase strength.

I have been involved in the sports and fitness for over 20 years so many of the concepts and methods covered in K.O. Power are not new to me- periodization, plyometrics, and so forth. What makes Ginther's book stand out is his in-depth analysis of these various strength-training concepts and methods, both in and of themselves as well their martial arts and fight-sport applicants K.O. Power is excellent both for the seasoned athlete or coach as well as the absolute beginner, as it provides all the tools necessary to turn the inexperienced novice into a competent journeyman, but is also provides unique insights and analysis that has made me rethink a lot of what I believed about strength and conditioning. K. O. Power is a must-read for all serious fighters and coach.

Neat book. Reinforces basics and gives some neat gems.

Good compliment to all the other reference material I already have.

I trained with Mark in Japan in 2008 and was great to reacquaint myself with his techniques in "KO Power" well done Mark

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K.O. Power: Complete Strength Training for Devastating Punches, Kicks & Throws Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Volleyball: Develop power, speed, agility, and resistance through strength training and proper nutrition Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Going Public: My Adventures Inside the SEC and How to Prevent the Next Devastating Crisis: My Adventures Inside the SEC and How to Prevent the Next Devastating Crisis The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog &

Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Youth Strength Training: Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,)

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