



# Speed & Agility Revolution

*Jim Kielbaso*

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A "How-To Manual" for developing athleticism and fitness through athletic conditioning. Includes detailed information on warm-up, flexibility, sprinting mechanics, speed development, agility training, strength training and program development. This is the first book to ever break down the mechanics of athleticism into an easy-to-understand concept called Movement Training. Over 100 photos and illustrations.

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