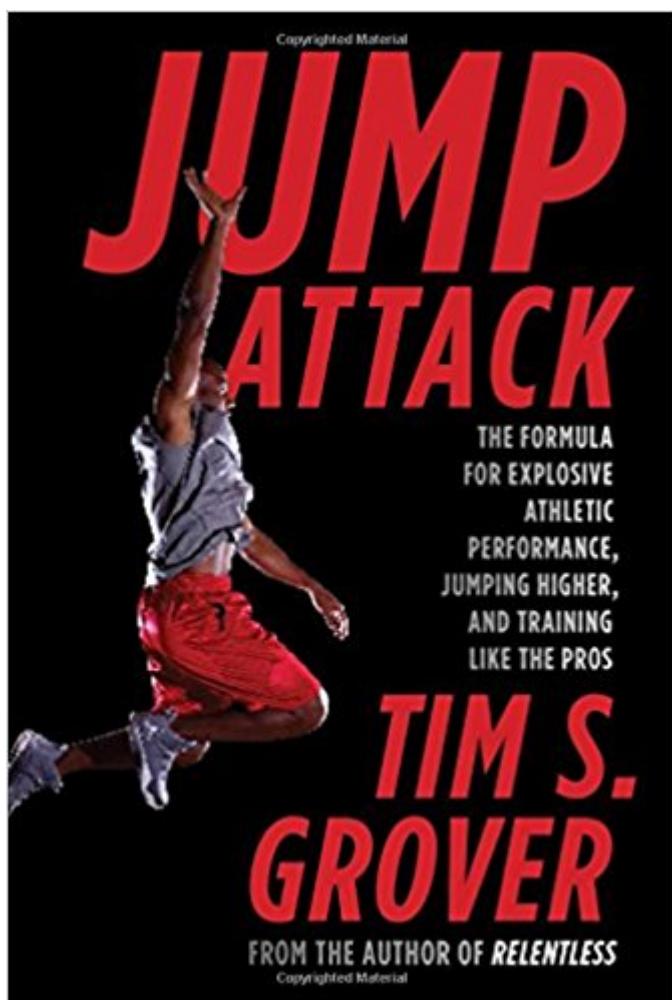


The book was found

Jump Attack: The Formula For Explosive Athletic Performance, Jumping Higher, And Training Like The Pros



Synopsis

Legendary trainer Tim Grover's internationally acclaimed training program used by the pros, including Michael Jordan and Kobe Bryant • now completely revised, updated, and expanded, with 100 new photos. Since 1989 when Tim Grover began training Michael Jordan, hundreds of elite competitors have turned to Grover to become stronger, faster, and more powerful, both physically and mentally. From Jordan to Kobe Bryant to Dwyane Wade and countless other superstars, Grover's revolutionary methods have made the best even better, year after year. In *Jump Attack*, Grover shares the revolutionary program he uses to train the pros. A fitness bible for athletes around the world, this three-phase, twelve-week program has been completely updated with new exercises and workouts as well as cutting-edge information on training, nutrition, longevity, injury prevention, and more. Devised for explosive power, quickness, endurance, and agility, this intensely challenging workout pushes athletes out of their comfort zones, tests their capacity to go harder, and turns "I can't" into "Just try and stop me." You don't have to be an elite athlete to benefit from Grover's program—but you can attain the mindset of a champion through the physical program outlined in this complete plan. Says Grover: "This is how my pros do it. If you want to become more explosive, stronger, and faster, if you want to jump higher and improve your overall athletic performance in any sport, this is exactly how we do it today: This program is the difference between jumping and taking flight."

Book Information

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Customer Reviews

“Tim Grover has proven himself to be highly skilled in sports performance enhancement. I consider him to be SECOND TO NONE in his knowledge of sports training, and an invaluable part of my training program. Tim is a take-charge person with a deliberate, energetic, and enthusiastic technique.” (Michael Jordan) “If you took the guys who trained Secretariat and Man o War, combined them into one barbarian, that’s Tim Grover training Michael Jordan and me. I’ve never felt better.” (Kobe Bryant) “The guys who come to Tim know he can take them to the next level. I have unbelievable trust and faith in him. I never know what’s coming, and that’s the great thing, he keeps me on my toes and I’m going to do anything he tells me to do because I believe in him.” (Dwyane Wade) “Tim Grover is one of the top basketball training minds in the game today. His methods and the ATTACK program are key ingredients to success on any level. He is the best in the world.” (Charles Barkley) “In all the years that I coached, inspired and trained world class athletes there was no better resource to collaborate with than Tim Grover.” (Pat Riley, 8-time NBA champion and NBA Hall-of-Fame coach) “Tim Grover has proven he ranks at the top of the list in training and motivating the world’s greatest athletes, continually updating and researching the techniques necessary to train athletes in their specific sports. I only wish he was around when I was playing, he would have extended my career by helping to prevent injuries.” (Doug Collins, Head Coach of the Philadelphia 76ers) “For the past two decades, Grover has been recognized as the “Trainer to the Pros” and one of the top sports performance specialists in the world.” (The New York Times) “Grover’s empire caters to NBA royalty.” (ESPN)

Tim S. Grover is the preeminent authority on the science and art of achieving physical and mental dominance. Since 1989, he has been the CEO of Attack Athletics, travelling the world training, consulting, and speaking about the principles of athletic excellence, relentless drive, and mental toughness to athletes, coaches, and business leaders. He is the author of *Relentless: From Good to Great to Unstoppable*. He is based in Chicago.

Did the program, my vertical increased and I really felt stronger and more stable. It is very hard work though, you need to get used to holding an isometric position in a lot of pain for 30 seconds or more. There is also some great info in here, enjoyed the book and got results. Tim Grover is pretty impressive.

First 2 weeks of the program and the workouts feels amazing, I cant test my vertical gain so far, because I haven't finished the program yet, but I love the sequence routine for legs, you feel the burn immediately and my legs are getting stronger. I will update this review when I finish the entire program.

I started doing the workout. I am a basketball coach. While I have not tried jumping yet. I feel the strength in my legs and core growing after just the first couple of weeks. I really enjoy the timed workouts as well as the reps. It's a good workout.

Not impressed.

I'm a prof dancer, personal trainer, instructor. My husband and I found this material to be very up to date, helpful inspiring for our 2 boys on competitive basketball teams

Good book. Good animation. You are able to go to YouTube to watch live examples and putting the two together was easy

Basically just a workout plan explained with pics.

Incredible book! You're definitely getting more than what you pay for if your serious about becoming more explosive and jumping higher!

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