Athletic coaching - Stephen Atmet STNATINO Plyometric training: Basic principles for competitive athletes

	Foreword Storage in tending is critical to make	vii
	Preface Prefac	ix
	Contributors Contributors	x
	Section 1 Theory	
1	Fascia as a body-wide tensional network: Anatomy, biomechanics and physiology - Robert Schleip	3
2	Myofascial force transmission - Stephen Mutch	13
3	Physiology and biochemistry - Werner Klingler	21
4	Fascia as sensory organ - Robert Schleip	31
5	Stress loading and matrix remodeling in tendon and skeletal muscle: Cellular mechanostimulation and tissue remodeling - <i>Michael Kjaer</i>	39
6	Anatomy trains in motion - Thomas Myers	45
7	Purposeful movements as a result of coordinated myofascial chain activity, represented by the models of Kurt Tittel and Leopold Busquet - <i>Philipp Richter</i>	59
8	Hyper- and hypomobility of the joints: Consequences for function, activities and participation - Lars Remvig, Birgit Juul-Kristensen and Raoul Engelbert	69
9	Human movement performance: Stretching misconceptions and future trends - <i>Eyal Lederman</i>	83
10	Fascial tissues in motion: Elastic storage and recoil dynamics - Robert Schleip	93
	Section 2 Clinical application	
11	Fascial Fitness -Robert Schleip and Divo Müller	103
12	Fascial form in yoga - Joanne Avison	111
13	Fascia oriented Pilates training - Elizabeth Larkam	121
14	Training fascia in GYROTONIC® methodology - Stefan Dennenmoser	133
15	How to train fascia in dance - Liane Simmel	143
16	The secret of fascia in the martial arts - Sol Petersen	153
17	Elastic walking - Adjo Zorn	161
18	Functional training methods for the runner's fascia - Wilbour Kelsick	171
19	Understanding mechano-adaptation of fascial tissues: Application to sports medicine - Raúl Martínez Rodríguez and Fernando Galán del Río	185
20	How to train fascia in football coaching - Klaus Eder and Helmut Hoffmann	195

21	Athletic coaching - Stephen Mutch	205
22	Plyometric training: Basic principles for competitive athletes and modern Ninja warriors - Robert Heiduk	217
23	Kettlebells and clubbells - Donna Eddy	229
24	Assessment technologies: From ultrasound and myometry to bio-impedance and motion sensors - Christopher Gordon, Piroska Frenzel and Robert Schleip	241
25	Palpation and functional assessment methods for fascia-related dysfunction - Leon Chaitow	253
	Index Solder Solder and a control of the Control of	267