



REFERENCE

1. Brzycki, M. 1995: *A practical approach to strength training*. Third Edition. Indianapolis. In: Masters Press publishers .
2. Radcliffe, J.C. & R.C. Farentinos. 1999: *High –power plyometrics: 77 advanced exercise for exclusive sports training*. Champaign. IL: Human Kinetics Publishers .
3. Rippetoe, M. & L. Kilgore. 2007: *Starting Strength: basic barbell training*. Second edition. Wichita Falls. Texas. The Aasgaard Company.
4. Fleck, S. J. 1999: *Successful long-term weight training*. Chicago. IL: Masters Press Publishers.

WEB LINK

1. <http://www.xiathlete.com>
2. www.gophersports.com/strength
3. www.reactivetrainingsystems.com
4. <http://www.usapltwinsportsrawopen.com>
5. <http://www.deepsquatter.com/strength/archievs/manrodt4.htm>