



# Path to Athletic Power: Model Conditioning Program for Champ Perf

*Boyd Epley*

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Tap into the genius of Boyd Epley, founder of the National Strength and Conditioning Association (NSCA) and the University of Nebraska's storied Husker Power program. *The Path to Athletic Power* provides unique insight into the evolution of modern sports conditioning, how it was significantly influenced by the developments in Epley's highly successful program, and the best and most current version of that program, so you too can build superior athletes.

Epley's 10 conditioning principles provide the foundation for big-time success on the field or court. Draw on the same methods he's used to develop three Heisman Trophy winners, eight Outland Trophy winners, and 300 athletes who moved on to play in the NFL or win national, world, or Olympic titles. From training three-dimensional movement to using split routines, his innovative workouts have produced exceptional gains in power, strength, and speed.

With the help of step-by-step explanations and exclusive insights appearing in print for the first time, you'll be able to design a state-of-the-art conditioning plan, complete with in-season, off-season, and multisport programs. Draw on Epley's wealth of knowledge, experience, and success for sure footing and fast progress on the path to athletic power!

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