

Samsung Excavator Se280 2 Service Manual

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Power Plant Engineering G. R. Nagpal 2008

Bridge Deck Behaviour E C Hambly 1991-07-25 This book describes the underlying behaviour of steel and concrete bridge decks. It shows how complex structures can be analysed with physical reasoning and relatively simple computer models and without complicated mathematics.

Sams Teach Yourself iPhone Application Development in 24 Hours John Ray 2011

Sams Teach Yourself Adobe GoLive 6 in 24 Hours Jennifer Smith 2002 A quick, practical, and easy-to-understand introduction to Adobe's premier product for professional level Web site design and development. This guide follows the usual structure of 24 one-hour lessons.

Everbound Brodi Ashton 2013-02-14 It's been two months since the dark tunnels of the underworld came for Nikki Beckett. That night, Nikki's boyfriend, Jack, made the ultimate sacrifice and took her place in the Everneath for eternity - a debt that should have been hers. Every night Jack appears in her dreams, lost and confused, and wasting away. All Nikki wants is to save him before it's too late, but no matter how hard she tries to reach for his hand, she can never find it. Desperate for answers, Nikki turns to Cole, the immortal bad boy who wants to make her his Queen - and the one person least likely to help. But it seems Nikki has touched his heart, and surprisingly, Cole agrees to help in the only way he can - by taking Nikki to the Everneath himself. As they descend into the heart of the Everneath Nikki and Cole discover that their journey will be more difficult than they'd anticipated, and more deadly. Nikki vows to stop at nothing to save Jack - even if it means making an incredible sacrifice of her own...

The Modern Soccer Coach: Position-Specific Training Gary Curneen 2015-02-04 In recent years, player development has been a hot topic in the soccer world. With more pressure on coaches to win than ever before, the modern game seems to be less about actual players and more about tactical systems. In many places, the majority of training sessions are structured so that each player receives the same training as his or her teammates, even though they are asked to perform different functions. As a result, players do not receive specific feedback and lack the ability to produce functional skills in the heat of a game. Aimed at football coaches of all levels, and players of all ages and abilities, The Modern Soccer Coach: Position-Specific Training seeks to identify, develop, and enhance the skills and functions of the modern soccer player whatever their position and role on the pitch. This book offers unique insight into how to develop an elite program that can both improve players and win games. Filled with practical no-nonsense explanations, focused player drills, and more than 40 illustrated soccer templates, this book will help you - the modern coach - to create a coaching environment that will take your players to the next level. Understand how the concept of player development needs to change as players progress in the game. Examine how learning styles have changed and how coaches must adapt accordingly. Enhance your players' performance levels with innovative exercises and ways to share feedback and critical information. Includes chapters and exercises for developing Center Backs, Full Backs, Holding Midfielders, Attacking Midfielders, Wide Attackers, and Center Forwards. Learn how certain coaches can move their players from 'interested' to 'committed'. Develop ways to maximize the talent levels of your players.

Sams Teach Yourself FileMaker 7 in 24 Hours Jesse Feiler 2004 & The only entry-level tutorial that teaches FileMaker from the ground up and offers complete coverage of the latest version of the software. & & Covers how to customize the out-of-the-box databases as well as create databases and FileMaker solutions from scratch. & & Discusses how to network databases on LANs and the Internet, develop Web-based interfaces to databases, and manage database security.

Sams Teach Yourself Adobe Photoshop CS3 in 24 Hours Carla Rose 2007 One of the most accessible and detailed tutorial on the most recent version of the leading image editing tool.

Up and Down Bubba Watson 2021-11-02 He was a small-town boy who burst onto the international golf scene with a dramatic hook shot from deep in the woods to win the Masters— before the game he loved almost killed him. Opening up about the toll that chasing and achieving his dream of being a champion golfer took on his mental health, Bubba Watson shares his powerful story of the breaking point that gave him clarity. Bubba Watson is known as the big-hitting left-handed golfer who plays with the pink driver—the small-town kid who grew up as a child golf prodigy before going on to win two Masters Tournaments, competing in the Olympics, and rising to be the number two golfer in the world. But every dream comes with a price. Feeling that he was never good enough, Bubba began to let the constant criticism from fans and commentators haunt his thoughts. Success in the game he loved was killing him. In Up and Down, Bubba opens up about his debilitating anxiety attacks, the death of his father and namesake, adopting his children, and how reaching a breaking point professionally and personally drew him closer to his family and God. Golf is what Bubba Watson does, but it is not who he is. Through his story, you'll learn how Bubba: Overcame his anxiety and feelings of inadequacy Found his true identity not in the standards of the world, but in the God who already knows he is enough Learned to trust God with his gifts, family, and biggest dreams Became the husband, father, friend, and mentor he was called to be Life, like golf, is filled with ups and downs. Up and Down is the inspiring story of an imperfect man striving to become the best person he can be—wherever the course may take him.

Sams Teach Yourself Beginning Databases in 24 Hours Ronald R. Plew 2003 Discusses how to choose the correct database, how to design a database, how to organize data, how to query and update data, how to create reports, and how to build applications that use databases.

Sams Teach Yourself Google TV App Development in 24 Hours Carmen Delessio 2013-01-31 In just 24 sessions of one hour or less, Sams Teach Yourself Google TV App Development in 24 Hours will help you master app development with the radically improved new version of Google TV running Android 3.2 and Android second-screen apps using 4.2. Using its straightforward, step-by-step approach, you'll gain the hands-on skills you need to build all three types of Google TV apps: Web, Android, and second-screen apps. You'll learn today's Google TV development best practices. Every lesson builds on what you've already learned, giving you a rock-solid foundation for real-world success! Step-by-step instructions carefully walk you through the most common Google TV development tasks Quizzes and Exercises at the end of each chapter help you test your knowledge Notes present interesting information related to the discussion Tips offer advice or show you easier ways to perform tasks Cautions alert you to possible problems and give you advice on how to avoid them Carmen Delessio is an expert Android and application developer who has worked as a programmer, technical architect, and CTO at large and small organizations. He began his online development career at Prodigy working on early Internet applications. He has written for Androidguys.com, Mashable, and ScreenItUp.com. His apps can be found at Bffmedia.com. Learn how to... n Develop for TV watchers and the “10-foot user experience” n Create highly interactive and responsive TV apps n Use Google TV's optimized HTML templates and layouts n Integrate HTML5 and jQuery into your Google TV apps n Design effective user interaction, dialogs, navigation, and video sitemaps n Organize Google TV apps intuitively with Tabs and the ActionBar n Use Fragments to simplify your development process n Store structured data locally in SQLite for instant user access n Create and use ContentProviders n Use the Channel Listing Provider for apps with TV listings and changing channels n Build second-screen apps to connect Google TV with a second device n Use the Anymote protocol to handle messaging between TVs and remote devices n Bring it all together to build a complete Google TV app, from start to finish

Sams Teach Yourself E-Commerce Programming with ASP in 21 Days Stephen Walther 1996-04-20 The friendly, tutorial style of Sams Teach Yourself E-Commerce Programming with ASP in 21 Days empowers you to create your own online stores quickly and easily. Using online-proven methods, Stephen Walther, an expert e-commerce developer, provides you with an understanding of online commerce applications, then guides you through the use of VBScript and ASP's built-in objects, enabling you to create your own dynamic, database-driven e-commerce solutions. This book does not stop at just creating the online store. The author teaches you to create order tracking systems, manage advertising, create store reports, personalize the shopping experience and much more.

The Australian Millionaire's Love-Child Robyn Grady 2008-07-01 Sophie Gruebella is happy with her single life— until she overhears her friends discussing why she's still single! Could this be why she falls into bed with a man who's her complete opposite? Cooper Smith is as driven as he's drop-dead gorgeous! Cooper has life all planned out and his night with Sophie was amazing, but—on mutual agreement—not to be repeated. Three months later: the stick has turned pink. Sophie's expecting...and Cooper has just proposed a shotgun marriage....

The Thistle and the Rose Jean Plaidy 2009-02-04 From the pen of the legendary historical novelist Jean Plaidy comes the story of Princess Margaret Tudor, whose life of tragedy, bloodshed, and scandal would rival even that of her younger brother, Henry VIII. Princess Margaret Tudor is the greatest prize when her father, Henry VII, negotiates the Treaty of Perpetual Peace with neighboring Scotland. The betrothal is meant to end decades of bloody border wars, but it becomes a love match: To Margaret's surprise, she finds joy in her marriage to the dashing James IV of Scotland, a man sixteen years her senior. But the marriage, and the peace it brings to both nations, does not last. When King James is struck down by the armies of Henry VIII, Margaret—Princess of England, but Queen of Scotland—finds herself torn between loyalty to the land and family of her birth and to that of her baby son, now King of the Scots. She decides to remain in Scotland and carve out her own destiny, surviving a scandalous second marriage and battling with both her son and her brother to the very end. Like all the Tudors, Margaret's life would be one of turmoil and controversy, but through her descendants, England and Scotland would unite as one nation, under one rule, and find peace.

Football's Principles of Play Peter Prickett 2021-03-15

Sams Teach Yourself SQL in 21 Days Ryan K. Stephens 2000 Readers will learn the fundamentals of SQL quickly through the use of countless examples depicting all the major components of SQL. Using step-by-step instructions, real-world examples, and expert advice, the authors show how to improve productivity and take skills to new heights.

Sams Teach Yourself ColdFusion Express in 24 Hours Ben Forta 2001 Explains how to use the free simplified version of ColdFusion Server to create dynamic, data-driven Web sites using intelligent server-side conditions, logical processing, guest books, counters, and shopping carts.

Sams Teach Yourself PHP, MySQL and Apache in 24 Hours Julie C. Meloni 2003 Explains how to create Web sites using the PHP scripting language, the MySQL database system, and the Apache Web server on a Windows or Linux system.

Electrohydraulics Basic Level 2017

C Programming in One Hour a Day, Sams Teach Yourself Bradley L. Jones 2013-10-07 Sams Teach Yourself C Programming in One Hour a Day, Seventh Edition is the newest version of the worldwide best-seller Sams Teach Yourself C in 21 Days. Fully revised for the new C11 standard and libraries, it now emphasizes platform-independent C programming using free, open-source C compilers. This edition strengthens its focus on C programming fundamentals, and adds new material on popular C-based object-oriented programming languages such as Objective-C. Filled with carefully explained code, clear syntax examples, and well-crafted exercises, this is the broadest and deepest introductory C tutorial available. It's ideal for anyone who's serious about truly mastering C – including thousands of developers who want to leverage its speed and performance in modern mobile and gaming apps. Friendly and accessible, it delivers step-by-step, hands-on experience that starts with simple tasks and gradually builds to professional-quality techniques. Each lesson is designed to be completed in hour or less, introducing and clearly explaining essential concepts, providing practical examples, and encouraging you to build simple programs on your own. Coverage includes: Understanding C program components and structure Mastering essential C syntax and program control Using core language features, including numeric arrays, pointers, characters, strings, structures, and variable scope Interacting with the screen, printer, and keyboard Using functions and exploring the C Function Library Working with memory and the compiler Contents at a Glance PART I: FUNDAMENTALS OF C 1 Getting Started with C 2 The Components of a C Program 3 Storing Information: Variables and Constants 4 The Pieces of a C Program: Statements, Expressions, and Operators 5 Packaging Code in Functions 6 Basic Program Control 7 Fundamentals of Reading and Writing Information PART II: PUTTING C TO WORK 8 Using Numeric Arrays 9 Understanding Pointers 10 Working with Characters and Strings 11 Implementing Structures, Unions, and TypeDefs 12 Understanding Variable Scope 13 Advanced Program Control 14 Working with the Screen, Printer, and Keyboard PART III: ADVANCED C 15 Pointers to Pointers and Arrays of Pointers 16 Pointers to Functions and Linked Lists 17 Using Disk Files 18 Manipulating Strings 19 Getting More from Functions 20 Exploring the C Function Library 21 Working with Memory 22 Advanced Compiler Use PART IV: APPENDIXES A ASCII Chart B C/C++ Reserved Words C Common C Functions D Answers

Sams Teach Yourself Adobe Photoshop Cs In 24 Hours Rose 1900 Sams Teach Yourself Adobe® Photoshop® CS3 in 24 Hours 24 Proven One-hour Lessons Carla Rose Kate Binder You can master Photoshop® CS3 faster than you ever thought possible—even if you have no Photoshop or image editing experience at all! In just 24 hands-on, step-by-step lessons, this book will teach you all the core Photoshop skills you need to get great results—in digital photography, graphic design, painting, or anything else! By the Way notes present interesting information related to the discussion. Did You Know? tips offer advice or show you easier ways to do somethi.

Healing Without Medication John Sage 2016-12-12 The use of turmeric for medicinal purposes has existed for thousands of years. The powerful plant has been a staple in India and various East Asian countries. Used directly as a herb or during cooking as a spice, turmeric is a easy plant to add to your daily life. The health benefits of turmeric can be attributed to curcumin, the main active ingredient in the herb. Numerous studies of turmeric and curcumin have shown amazing results at treating many common illnesses and maintaining overall wellness. Inside this publication of Healing Without Medication: The Health Benefits Of Turmeric and Curcumin, you will learn the following: The history of turmeric What is curcumin The health benefits of turmeric Scientific studies of curcumin Potential side effects when taking turmeric Easy recipes to eat more turmeric Don't wait to increase your health. Get your copy of Healing

Without Medication now.

Sams Teach Yourself Microsoft Access 2000 in 24 Hours Craig Eddy 1999 Introduces the latest version of the database program and provides lessons on how to create, update, and modify databases

Before I Knew Him Anna Ralph 2009 Bright, sociable, and on the verge of moving in with his beautiful girlfriend, Kathryn, Leo Fisch has a brilliant future ahead of him; outwardly at least, he seems happy. That is, until a sinister discovery is made in a forest near Leo's home town, and a figure from childhood re-enters his life. David Caldwell is tough and aggressive; the very opposite of the company Leo now keeps. Unlikely friends, they are bound by a shared summer - and a shared secret - they had promised to forget. As past and present begin to close in, the comfortable life Leo has created for himself starts to unravel. Their terrible truth begins to emerge and Leo must confront not only the awkward, fragile boy he once was, but the events of that summer which threaten to destroy them both... Praise for The Floating Island: 'Moving, astute and arrestingly readable. I couldn't put it down.' Miranda Seymour 'Compassionate and beautifully written' Guardian 'Sensuous and evocative ... Anna Ralph has real poise' Helen Dunmore

Millennial Star; 100 No. 04 The Church of Jesus Christ of Latter- 2021-09-09 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations.

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Project Management and Scheduling, Residential and Commercial Quick-Card Builder's Book 2014-09-10 NEW! Project Management & Scheduling, Residential & Commercial Quick-Card by Builder's Book, Inc.This Unique 4 page Quick-Reference guide explains the basic approaches to managing and scheduling both residential and commercial projects. This Quick-Card covers the basics of taking your contracting business to the next level. Organize and plan your work better, and you'll manage to do more work and make more profit!.Featured Sections: Project Management & Scheduling - Introduction Master Activity List for Residential Jobs Master Activity List for Commercial Jobs Bar Charts Arrow Diagram Critical Path Method Cost S-Curve & Bell Curve Managing Costs, Tips & Summary Glossary

Sams Teach Yourself Game Programming with DirectX in 21 Days Clayton Walnum 2002 Teaches how to write games using DirectX3D, discussing such topics as how to create and manage DirectX3D objects, how to program animation sequences, how to add sound effects, and how to program a role-playing game.

It Shouldn't be this Hard to Serve Your Country David J. Shulkin 2019 The former VA secretary describes his fight to save health care from politics and money-and how it was ultimately derailed by a small group of unelected officials with influence in the Trump White House. Known in health care circles for his ability to fix ailing hospitals, Dr. David Shulkin was originally brought into government by President Obama, in an attempt to save the broken Department of Veterans Affairs. When President Trump made him VA secretary, Dr. Shulkin was as shocked as anyone. Yet this surprise was trivial compared to what Shulkin encountered as the VA secretary: a team of political appointees devoted to stopping anyone-including the secretary himself-who stood in the way of privatizing the organization and implementing their agenda. In this uninhibited memoir, Shulkin opens up about why the government has long struggled to get good medical care to military veterans and the plan he had for how to address these problems. This is a book about the commitment we make to the people who risk their lives for our country, how and why we've failed to honor it, and why the new administration may be taking us in the wrong direction.

The Complete Photo Guide to Beading Robin Atkins 2012-12 Explores the various types of beadwork, including beading on fabric, fringing, bead weavings, bead embroidery and beaded jewelry via simple instructions and 500 full-color photos. Original.

Applied Photographic Optics Sidney Ray 2002-02-20 Selected by the American Library Association's 'Choice' magazine as "best technical book", the first edition of this book soon established itself as the standard reference work on all aspects of photographic lenses and associated optical systems. This is unsurprising, as Sidney Ray provides a complete, comprehensive reference source for anyone wanting information on photographic lenses, from the student to the practitioner or specialist working with visual and digital media worldwide. This third edition has been fully revised and expanded to include the rapid progress in the last decade in optical technology and advances in relevant electronic and digital forms of imaging. Every chapter has been revised and expanded using new figures and photographs as appropriate, as well as extended bibliographies. New chapters include details of filters, measurements from images and the optical systems of digital cameras. Details of electronic and digital imaging have been integrated throughout. More information is given on topics such as aspherics, diffractive optics, ED glasses, image stabilization, optical technology, video projection and new types of lenses. A selection of the contents includes chapters on: optical theory, aberrations, auto focus, lens testing, depth of field, development of photographic lenses, general properties of lenses, wide-angle lenses, telephoto lenses, video lenses, viewfinder systems, camera movements, projection systems and 3-D systems.

Breathing for Warriors Belisa Vranich 2020-03-10 Dr. Belisa Vranich's ground-breaking second book teaches the science, techniques, and benefits of breathing correctly and efficiently for warriors in all walks of life. People are less in touch with their bodies—and especially their breathing—than ever before. Ironically, athletes and others who pride themselves on taking care of their bodies actually put themselves at greater risk. Why? Because they're asking their body to take on next-level demands, but failing at life's most essential skill: efficient breathing. Proper breathing is the world's most powerful biohack. Learning it will help you feel better, avoid injury, and perform at your very best (including in bed!). Champion gladiators, master martial artists, even spearfishers all had one thing in common: efficient breathing to achieve flawless execution. An elite few still understand: Navy SEALs who need to make the perfect shot, super-elite weightlifters who truly understand how to harness and channel their energy, free-divers who can spend seemingly impossible amounts of time underwater, and high-profile execs who keep calm before multi-billion-dollar presentations. You can learn their secrets. From the corporate athlete to the tactical ninja, Breathing for Warriors is a practical, science-forward book that focuses on everything related to breathing and performance—from muscles and workouts to an impenetrable inner game.

The Gentleman's Hand-book of Homoeopathy Egbert Guernsey 1857

Complete Physics Stephen Pople 1999 Stephen Pople, one of today's most respected science authors, has created a totally new physics book to prepare students for examinations. Complete Physics covers all syllabuses due to a unique combination of Core Pages and Further Topics. Each chapter contains core material valid for all syllabuses. Further Topics at the end can be selected to provide the right mix of pages for the syllabus you are teaching. Key Points: · Totally new book constructed from an analysis of all GCSE Physics syllabuses including IGCSE, CXC, and O'Level · Sets the traditional principles of physics in a modern and global perspective and uses illustrations with a worldwide context · Extra topics to give a truly rounded curriculum · Double-page spread format · Ideal for those students intending to take physics to a more advanced level

Sams Teach Yourself SAP in 24 Hours Tim Rhodes 2004-07-16 Third Edition: Thoroughly Updated and Expanded, with Extensive New Coverage! In just 24 sessions of one hour or less, you'll master the entire SAP project lifecycle, from planning through implementation and system administration through day-to-day operations. Using this book's straightforward, step-by-step approach, you'll gain a strong real-world foundation in both the technology and business essentials of today's SAP products and applications—from the ground up. Step-by-step instructions walk you through the most common questions, issues, and tasks you'll encounter with SAP. Case study-based exercises help you build and test your knowledge. By the Way notes present interesting pieces of information. Did You Know? tips offer advice or teach an easier way. Watch Out! cautions warn about potential problems. Learn how to...

Understand SAP's newest products for enterprises and small-to-midsize businesses, and choose the right solutions for your company Discover how SAP integrates with Web services and service-oriented architecture Develop an efficient roadmap for deploying SAP in your environment Plan your SAP implementation from business, functional, technical, and project management perspectives Leverage NetWeaver 7.0 features to streamline development and integration, and reduce cost Walk through a step-by-step SAP technical installation Master basic SAP system administration and operations Perform essential tasks such as logon, session management, and printing Build SAP queries and reports Prepare for SAP upgrades and enhancements Develop your own personal career as an SAP professional Register your book at informit.com/title/9780137142842 for convenient access to updates and corrections as they become available.

Sams Teach Yourself Microsoft Windows 2000 Professional in 10 Minutes Jane Calabria 2000 Lessons for beginners cover entering and exiting applications, controlling hardware settings, file management, resource sharing, printing, working with graphics, and using Windows 2000 Professional's accessories.

Public Administration: Concepts and Cases Richard Stillman 2012-08-01 PUBLIC ADMINISTRATION: CONCEPTS AND CASES offers a unique and highly regarded framework in which conceptual readings are paired with contemporary case studies that reflect real-world examples of administrative work, as well as new thinking and developments in the field. Case studies and examples cover topics such as the Columbia space shuttle disaster, the shootings at Columbine High School, and the war in Iraq making it easy to engage students in the readings. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

N: Monogram Initial N Universe Background and a Lot of Stars Notebook for the Woman, Kids, Children, Girl, Boy 8.5x11 Pam Vanpelt 2019-03-20 N: Monogram Initial N Universe background and a lot of stars Notebook for The Woman, Kids, Children, Girl, Boy 8.5x11

The Midrange Theory Seth Partnow 2021-11-16 From one of basketball's foremost experts in the field of analytics, a fascinating new perspective on how to watch and think about the game. At its core, the goal of any basketball team is relatively simple: take and make good shots while preventing the opponent from doing the same. But what is a "good" shot? Are all good shots created equally? And how might one identify players who are more or less likely to make and prevent those shots in the first place? The concept of basketball "analytics," for lack of a better term, has been lauded, derided, and misunderstood. The incorporation of more data into NBA decision-making has been credited—or blamed—for everything from the death of the traditional center to the proliferation of three-point shooting to the alleged abandonment of the area of the court known as the midrange. What is beyond doubt is that understanding its methods has never been more important to watching and appreciating the NBA. In The Midrange Theory, Seth Partnow, NBA analyst for The Athletic and former Director of Basketball Research for the Milwaukee Bucks, explains how numbers have affected the modern NBA game, and how those numbers seek not to "solve" the game of basketball but instead urge us toward thinking about it in new ways. The relative value of Russell Westbrook's triple-doubles Why some players succeed in the playoffs while others don't How NBA teams think about constructing their rosters through the draft and free agency The difficulty in measuring defensive achievement The fallacy of the "quick two" From shot selection to evaluating prospects to considering aesthetics and ethics while analyzing the box scores, Partnow deftly explores where the NBA is now, how it got here, and where it might be going next.

How to Dunk Like a Pro Jason Wilhelm 2020-03-04 If you're one of the many people who struggle to reach the rim and dunk over their opponents, don't get disheartened - because what many don't realize is that dunking a basketball requires more than on-court skill alone. And it is certainly not determined by either your height or your age. In fact, our ability to dunk is dictated by our muscle strength, muscle power, and our vertical jump performance. Which in itself is an extremely positive thing, because these factors are not necessarily inherited, nor are they determined at birth. Rather, each of these factors can be trained independently in the gym and on the court, allowing us to improve our vertical jump height, ensuring we can dunk with ease - irrespective of either our age or our height! In the following book you will find: Successfully implemented methods of strength training that will build the foundation for your dunking ability Power training methods to improve your muscular power Jump training methods to rapidly increase your vertical jump and dunking capacity Information pertaining to jump technique and dunking performance that has been honed through decades of work Dietary information to ensure you get the most out of your training What can you expect from this book? This book is essentially the written culmination of my many years working with basketball athletes. The results of this learning experience and the processes I have used extensively to maximize athletic performance are summarized in this book, ready for you to apply immediately into your own training. Now I must admit that this book isn't going to do the work for you, nor is it some sort of 'quick fix'. Because let's face it, when it comes to anything worthwhile, a quick fix doesn't exist. But what this book will give you is the information integral to improving vertical jump height and dunking ability. With this in mind, I have not only outlined in depth why each of these physical qualities is important but also what training methods are best to improve them. This has further been summarized in a thorough 8 week training program - involving strength training methods, power training methods, and jump performance training techniques - that will lead you to a massive vertical jump, and some crazy dunking ability. Now don't get me wrong, this program won't be easy -but it will be worth it. Through a combination of hard work, dedication, and some well established AND scientifically proven training methods, you can see some huge improvement in your performance. While I can provide the HOW you need to provide the DO, so don't keep waiting - become an absolute beast on the court and take the first step to improve your dunking ability today! Purchase now with just 1-click!