

## **Fitness Professional Changes the Way Athletes Train to Increase Vertical Jump**

By Barry Lovelace

Dated: Sep 06, 2008

*Pennsylvania fitness professional who has found a way to drastically change the way athletes train is not afraid to tell his fellow trainers to get their nose out of a text book and do what is safe for young athletes.*

For years the general public has been taught that the biggest and strongest are the best athlete. Barry Lovelace, owner of FitQuest Fitness in Allentown, Pa - USA, creator of several products, member of Team Men's Fitness, expert author and personal trainer is doing his best to call out fitness professionals and strength coaches who believe that banging out tons of weight like an Olympic powerlifter is 'the way to go' when training an athlete.

This old style of training is absolutely not true. If this were the case then every athlete on earth would look like those powerlifters you see on the Olympic stage.

Barry's techniques are creating fabulous results all over the world for athletes looking to increase vertical jump, increase power or improve quickness. He will be traveling the world to show athletes and coaches his style of training.

These camps and clinics will be geared to parents, coaches, athletic directors, strength coaches and anyone involved with young and old athletes.

<http://www.trainingforvolleyball.com>

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Training for Volleyball is a business promoting the safest way to drastically increase vertical jump, power and quickness of not only volleyball players, but all athletes. Training for Volleyball is also a product available on DVD at <http://www.trainingforvolleyball.com>.

Category	Health, Sports
Tags	increase vertical jump, volleyball, athletes, fitness professionals
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