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Michael Yessis is a teacher, sports performance trainer, biomechanist, and author. He earned a Ph.D. from the University of Southern California. He has done work translating, adapting, and implementing sports training methodology from the former Soviet Union, including work by Yuri Verkhoshansky, Anatoliy Bondarchuk, and Vladimir Issurin, for over fifty years.

Michael Yessis - Wikipedia

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Dr. Michael Yessis: I see many flaws in the running techniques of sprinters. Most notable are making ground contact on the heel first, not executing a pawback, insufficient drive of the thigh forward during the drive phase, excessive forward lean when in full stride, and inadequate separation between the thighs at, and immediately after, takeoff.

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My key points from “ The Revolutionary 1 x 20 RM Strength Training Program ” by Dr. Michael Yessis: 1. The 1 x 20 Method is effective for youth or beginner athletes. The body adapts more readily to lower intensity strength exercises (greater growth and development of the muscles, joints, and support structures without fatigue and chance of injury).

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Michael Yessis is the author of Explosive Running (3.66 avg rating, 35 ratings, 0 reviews, published 2000), The Revolutionary 1 x 20 RM Strength Training...

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