



Power Positions: Championship Prescriptions for Ultimate Sports Performance

Andrea Hudy

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Power Positions: Championship Prescriptions for Ultimate Sports Performance Andrea Hudy
Andrea Hudy has trained numerous NCAA national championship teams, elite athletes, and National Basketball Association players. The *Wall Street Journal* calls her “The Kansas Jayhawks’ Secret Weapon.” In *Power Positions*, Hudy shares her specific training prescriptions designed to maximize sports performance. “The Hudy Movement” provides a unique way to look at movement and training that is grounded in science to build a better athlete and a better person. Author Andrea Hudy has worked with the best researchers in the field to design a training method that is research-based and integrates leading technology to drive proven results for athletes.

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