

# PLYOMETRICS

By: Danita Seju



## What is it?

Any exercise or activity that is **short, fast and explosive**, allowing you to **generate maximum force** in the muscle in the shortest period of time.

## Additional Information

### 1 What does it accomplish?



Improves **strength, explosiveness, agility**, speed, flexibility, and power.

### 3 Who would benefit?



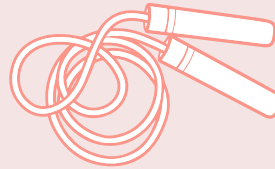
- Especially **athletes** who rely on quick, powerful movements for their sport
- **Not beginner friendly**- could get injured if not done correctly

### 2 How is it performed?



Plyometrics typically involve a **series of jumps and hops**, like jump squats or one-legged hops. You can also use equipment to do jumping rope or box jumps.

### 4 Equipment (optional)



Jump Rope



Box Step

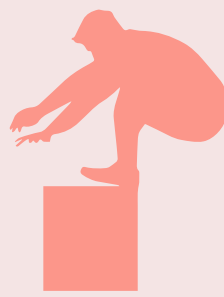
## Plyometric Exercises



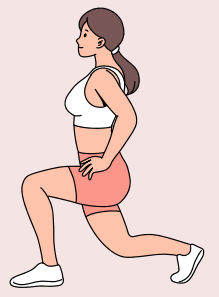
Jumping Rope



Jumping Squats



Box Jumps



Jumping Lunges

## Why Plyometrics?

- Run **faster**, jump **higher**, and lift **heavier**
- **Torch calories** in less time
- Can be done **anywhere**
- Improves **coordination**
- Improves **performance** in high-impact sports

## Fun Facts!

- Plyometric training was **developed in Russia** during the 1960s by scientist, **Yuri Verkoshansky**. **Soviet Bloc countries dominated the Olympics** thanks in part to Dr. Verkhoshansky's exercises.
- The word "plyometrics" has roots in the **Greek word "pleythyein"** which means to **increase or augment**.