

# Plyometric exercises pdf

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The presentation of plyo-metric exercises is continued in the following chapters Exercise Sets Reps 1a. Resisted Jump Throughs (bands on a rack)secs 1f. Upward Movement: Jump up using the foot on the box to push off The “Preparatory Drills and Exercises” described in Chapterare used in the Leveland Levelprogrammes to prepare the ath-lete for full sport-specific plyometric training. The Plyometric action. They are designed to teach basic body move-ments and control. Scissor Kickssecs Wednesday Exercise Sets RepsClap Push UpsTotalBroad JumpsTuck To help you work out productively, I’ve created aweek plyometric training program to power up your agility, jumping, sprinting, and overall performance PLYOMETRICS AND POWER DAY WORKOUT4 Dynamic Warm up (see attached sheet) Plyometrics o Hops every stair 2x up and down o Hops every other stair 2x o Hops everystairs 2x o Right foot hops every stair 1x o Left foot hops every stairx o Running up every stair 2x o Running up every other stair 2x o Running up everystairs 2x Equipment: Plyometric box inches high. Starting Position: Stand facing the plyometric box with one foot on the ground and one foot on the plyometric box. The heel of the foot on the box should be near the box’s closest edge. Starting Position: Stand facing the plyometric box with one foot on the ground and one foot on the plyometric box. Fig Different Phases of the Stretch Plyometric is fast, challenging, and efficient workout training to torch significant calories, boost endurance, enhance aerobic and anaerobic fitness, and improve overall body composition. Alternating Lunge Jumpssecs 1d. Always prefer quality over quantityWeek The “Preparatory Drills and Exercises” described in Chapterare used in the Leveland Levelprogrammes to prepare the ath-lete for full sport-specific plyometric training Equipment: Plyometric box inches high. Planksecs 1c. WORKOUT3 “THE ATHLETE MAKER” Jump SquatsxAlternating V upsxStanding LungesxKnee CupsxAir SquatsxSingle Leg Hip Raisesx A general tip: The skill and speed of doing plyometric exercises are crucial. So, when you feel fatigued, stop pushing yourself. Plank (knee to opposite elbow)secs 1e. Air Squat Jump Complex (wide to close)secs 1b. In order for an exercise to be classed as a true Plyometric exercise the amortisation phase must be less than s. Arm Action: Double arm.

 Difficulté Très facile

 Durée 203 minute(s)

 Catégories Vêtement & Accessoire, Machines & Outils, Sport & Extérieur

 Coût 1 USD (\$)

## Sommaire

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Matériaux

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