




PLYOMETRIC

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Meaning of plyometric

Plyometric is a type of exercise training that uses speed and force of different movements to build muscle power. Plyometric training can improve your physical performance and ability to do activities.



Pylometric training

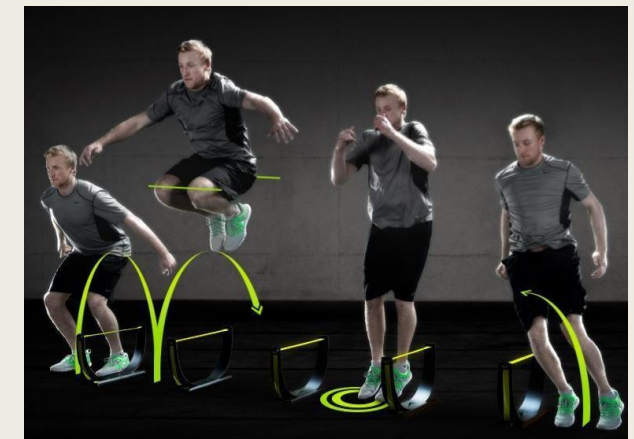
Plyometric also known as jump training or plyos, are exercise in which muscle exert maximum force in short intervals of time with the goal of increasing power (speed and strength).

The training focuses on learning to move from a muscle extension to a contraction in a rapid or explosive manner such as specialized repeated Jumping.

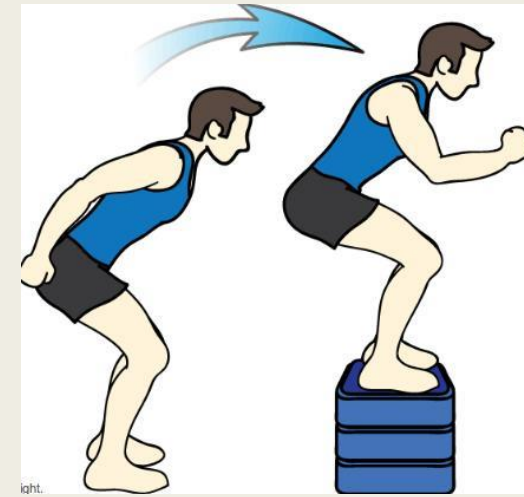
Plyometrics Or Premerely Used by athletes specially Martial artist, sprinters, and high jumpers etc to improve their performance and used in a fitness field.

Examples

- Squat jump (jumping squat, jump squat): combination of jump (not to be confused with tuck jump) and squat. Squat down then jump off the ground as high as possible, with extended and vertical legs.
- Tuck jump (tucked jump, tucked knee jump): with feet shoulder width apart, jump, tuck the legs in, extend them, and land.
- Tuck Squat Jump (it is a combination of squat jump and tuck jump)
- Lateral jump: from a standing position, jump side to side.
- Power skipping: on each skip, lift the upper leg as high as possible.



- Vertical depth jump: starting from the top of a box, jump down and back up as fast as possible.
- Box jumps: jump onto and off of a large box 18" or higher.
- Alternate Leg bounding
- Plyometric push-up (plyo push-up): perform a push up, but exert enough upward force to lift the hands and body off the ground.
- Broad jump (long jump).
- Straddle jump (similar to split jumps used by dancers, gymnasts and figure skaters)



Guidelines/Principles of plyometric

- Plyometric Exercises should be performed at 100% effort. Plyometric training is an Alactic Energy System exercise.
- Each set should last no longer than 6 to 8 seconds.
- Full recovery should occur between sets.
- Plyometric exercises should be progressive in intensity. Start with easy exercises and develop in intensity and complexity.
- The skill and speed of performing a plyometric exercise is of great importance. Stop before fatigue breaks down technique.

THANK YOU