

PLYOMETRICS

1. WHAT IS PLYOMETRICS TRAINING?

~EXERCISES THAT INCLUDE BOUNDING AND JUMPING

2. HAVE WE DONE ANY PLYOMETRICS TRAINING IN THIS CLASS?

~YES, WHEN WE DID ROPE JUMPING, SQUAT JUMPING AND STRADDLE JUMPS ON THE STEP

3. WHAT BENEFITS CAN YOU RECEIVE FROM PLYOMETRICS TRAINING?

~ AN INCREASE IN YOUR ABILITY TO DEVELOP FORCE IN EXPLOSIVE MOVEMENTS IN SPORTS OR ACTIVITIES THAT REQUIRE YOU TO JUMP AT MAXIMAL LEVELS. IT ALSO IMPROVES OVERALL ENDURANCE

4. WHY DO YOU THINK INTERVAL AND PLYOMETRICS TRAINING CAN HELP REDUCE THE CHANCE OF GETTING INJURED.

~BECAUSE INTERVAL TRAINING WITH PLYOMETRICS HELPS IMPROVE OVERALL FITNESS AND THE MORE FIT YOU ARE, THE LESS LIKELY YOU WILL BE INJURED BECAUSE YOU WON'T TIRE AS EASILY AND USE POOR TECHNIQUES.