



Fit to Fight, Fit for Life!

Plyometrics...another tool to add to your kit.

4th Quarter, 2011 Plyometrics

"Faster than a speeding bullet! More powerful than a locomotive! Able to leap tall buildings in a single bound! ("Look! Up in the sky!" "It's a bird!" "It's a plane!" "No, it's Nate Strobel!")

Plyometrics Benefits:

1. Strengthens the muscle fibers and increases the number of fast twitch fibers turning strength into speed = POWER.
2. Strengthens tendons and increases their elasticity reducing injuries.
3. Improves nervous system efficiency by increasing the speed of the neural signal from the brain to the muscle.
4. Improved overall physical performance.
5. Most plyometric exercises can be done without weights or equipment.



What is "Plyometrics"?

Simply stated, plyometrics is a type of exercise training designed to produce power in the athlete. Plyometric movements involve loading and then contracting the muscles in rapid succession. An example that most will easily relate to is taking a standard "push-up" (the downward movement is the loading phase and the upward is the contraction phase), which is not considered plyometric, and adding a clap of the hands between each one, thus making it plyometric. As you can see, in order to clap your hands between each push up, you must push up off of the ground quickly and explosively in order to get your body up in the air high enough to clap. Now,



Mexico City, 1968: Bob Beamon
29 feet 2 1/2 inches

by performing a set of 10 or 20 of them, you've added the rapid succession element necessary to challenge the muscle and achieve improved performance.

That's it, it's that simple. Plyometric exercise is not complicated at all. Just about any basic exercise movement can be performed as a plyometric exercise by simply adding speed to the movement. Most of us have probably performed plyometrics over the years without even realizing it.

izing it.

Hopefully we will be able to give you some useful tools in this newsletter to add to your current repertoire and spice things up a bit for 2012. And if you're wondering why the Bob Beamon photo/link? Because in 1968 he set a [world record](#) that made for a great story. Check it out for yourself.



Upper Body Plyo's

Here's a small sampling to get you started. This collection involves medicine ball throws.

1. Overhead throws
2. Side throws
3. Over back toss
4. Slams
5. Explosive start throws
6. Squat throws



Lower Body Plyo's

Here's a few for the lower body, some do not need equipment and some do:

1. Squat Jumps
2. Jump to box
3. Lateral jump to box
4. Split squat jumps
5. Lateral box push offs
6. Zig zag hops



[Click here to see these exercises demonstrated.](#)

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Plyo-Safety

As with any physical exercise, it is important to observe a few basic rules in order to ensure safe, injury free exercise. After perusing the items below, feel free to contact your shift PFT with any questions or for assistance in getting started with a plyometric routine.

BEFORE ENGAGING IN PLYOMETRIC TRAINING:

1. Always perform a quality warm up routine.
 - A. Incorporate some jogging and especially toe-jogging to prepare your feet for the impact of ground contact during jumps.
2. If planning a combined workout, perform the plyometric portion first, while you're still fresh.
3. Start gradually by performing low impact/low intensity plyometric exercise. Slowly add in more of each as you improve.
 - A. Adding weight by using ankle weights or vests is NOT recommended. It increases stress to your joints etc. and can negate the benefits of plyometric training.
4. Keep the volume of exercise low initially and increase as your conditioning improves.
5. Perform no more than 2-3 plyometric sessions per week. 48-72 hours of rest is recommended between sessions.
 - A. Avoid plyometric sessions the day after a heavy weight training session when muscles may still be sore.
6. Rest intervals between reps and sets should allow for almost complete recovery.
7. Make sure that the landing surface during jumps provides some shock absorption i.e. rubber matted floors, grass, etc.

For more complete information on these bullet points go to [Sports Fitness Advisor](#) and scroll down to the "Exercise Intensity" section and read on. You'll find some very good stuff throughout.

KFD RFA Peer Fitness Trainers

A shift

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B shift

1. Walt Henry
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