

Name _____ period ____

Plyometrics Training Part I

Objective:

A plyometric contraction involves first a rapid muscle lengthening movement (eccentric phase), followed by a short resting phase (amortization phase), then an explosive muscle shortening movement (concentric phase), which enables muscles to work together in doing the particular motion. **Focus:**

1. What are your fitness goals using plyometric?
2. How can plyometric increase your performance?
3. Measure your level.

Squat Jumps, Plyo-Push-ups, Medicine ball toss,

Task:

After the instructor has demonstrated the exercises listed below, the students must perform the task in a number set of repetitions that are provided.

Activity: Total Body

Difficulty: Medium to High

Date	/	/	/	/				
Exercise	Muscle groups	Reps	Sets	Weight	Comments (how you feel post workout)			
Plyo-Push-up (Hand Clap)	Chest, Triceps	10-12	2-4	_____				
Weighted Squat jump	Quads, Hamstring Calves	10-12	3-5	_____				
Medicine Ball Toss	Chest, arms, Quads, Hamstring Calves	75-10	3-5	_____				
Single arm Medicine Ball Toss	Chest, Quads, Hamstring Calves	10-12	3-5	_____				
Weighted Lunge Jump	Quads, Hamstring	10-12	2-4	_____				
Instructor Signature								

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Notes:

