

Name \_\_\_\_\_ period \_\_\_\_\_

### **Plyometric Training Power Training (revisited)**

**Objective:**

The students will be able to perform Plyometric box jumps properly in order to be able to gain explosive movement concepts.

- The movements should not be aerobic unless your workout is designed to be cardiovascular

**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**

<b>Exercise</b>	<b>Muscle groups</b>	<b>Repetitions</b>	<b>Sets</b>	<b>Weight</b>	<b>Instructor Signature</b>
<b>Depth Jumps</b>	Quads, Hamstring, Calves	10-15	3-4	Height-	
<b>Hang clean</b>	Quads, Hamstring, Calves	10-15	3-4		
<b>Power Clean</b>	Quads, Hamstring, Calves	10-15	3-4		
<b>Single Arm Clean and press</b>	Quads, Hamstring, Calves, Abductors, Adductors	10-15	3-4		
<b>Power Clean/Hang Clean and Press</b>	Quads, Hamstring, Calves, Abductors, Adductors	10-15	3-4		

**Notes:**