FITNESS FLOOR BASICS
Plyometrics

What are Plyometric exercises?
- Plyometric exercises are exercises that exert maximum force in short intervals of time, with the goal of increasing power. The muscle is rapidly loaded, and then contracted.

Why are they important?
- Incorporating plyometric exercises into your workout routine can help your muscles produce large amounts of force quickly (or in other words, increase muscle power). Plyometrics (if done safely with proper progressions) can also help prevent injury through increase in strength, balance and response time.

Considerations:
An individual should have base level of strength and conditioning prior to beginning plyometric exercises. Starting with low intensity plyometrics such as skipping or jump squats on 1-2 days per week would be a good starting point to avoid excessive loading and injury.

Lower Body Examples
- Jump Squat
- Power Skipping / Knee Drives

Upper Body Examples
- Plyometric Pushups
- Slam Ball Slam

If trying plyometrics for the first time, start with one set of 10-12 repetitions. Plyometrics can be very taxing on the muscles and cause increase in muscle soreness for 24-72 hours post workout. Progressively increasing your volume and intensity will help reduce the amount of muscle soreness. Work your way up to complete 3 sets of 10-12 repetitions.