



Get Fit. **Life Tip.** **Plyometrics**

Plyometric training (aka reactive training) is designed to have the body create fast, powerful movements and improve the functions of the central nervous system. When practicing plyometric training you are toughening the muscle tissues and training the nerve cells to follow a specific pattern of muscle contraction: rapid eccentric (lengthening the muscle) phase, followed by a short isometric (resting the muscle) phase, then an explosive concentric (shortening the muscle) phase. The explosive movements in plyometric exercises not only develop muscle power but also train the nerves, muscles and tendons to increase power without having to increase strength capacity. Plyometric training is a great addition to your current workout routine because it helps to build better strength of the muscles, tendons and ligaments to meet the demands of everyday life and activities.

Examples of plyometric exercises

- Jump squats
- Knee highs
- Jumping rope
- Jumping Jacks
- Push-ups (popping your hands off the ground)

Plyometric exercises are safe and easy to do, but keep these things in mind to prevent injury

- Wear supportive shoes
- Perform exercises on rubber mats or a grass field
- Don't over do it, start off easy and work your way up
- Keep your core strong
- Have good balance/stabilization
- Have proper supervision of a trained professional

The August and September Get Fit Ass Whipped schedule is now available www.bwittegetfit.com

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