



# Try Plyometrics Workout!



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## PLYOMETRICS

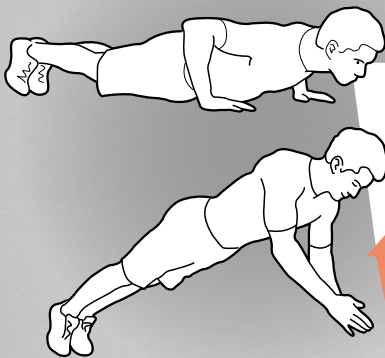
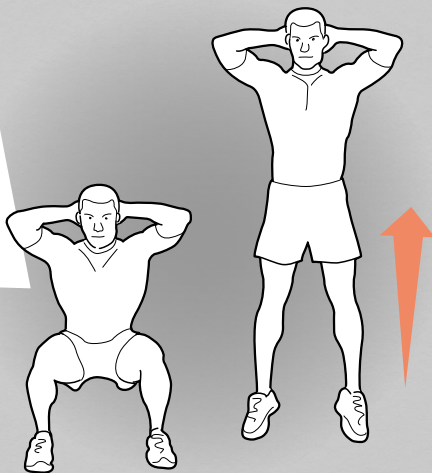
### What are plyometrics?

Plyometrics are designed to increase muscular strength and power. Plyometrics are a form of conditioning training or "jump training" used by athletes. The average exerciser can use this form of training to increase power, endurance and burn more calories.

Each exercise is performed twice for 60 seconds

#### Squat jump

With your hands on the back of your head, squat till your knees are parallel to the floor. Jump up and land back down in the squat position.

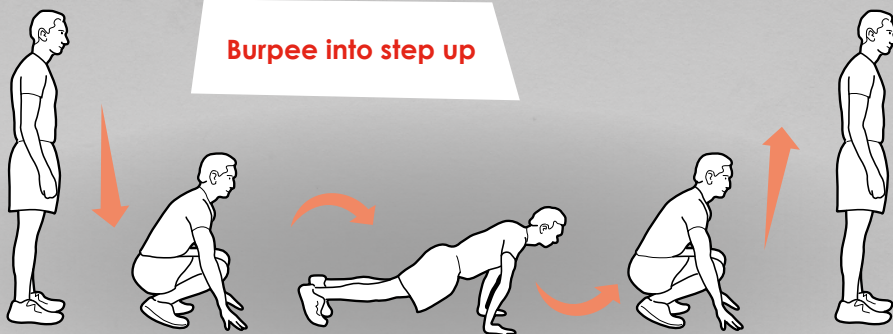


#### Clap push up

Keep your hands shoulder width apart and lower yourself to the floor. Push up hard and clap your hands together, land in press up position

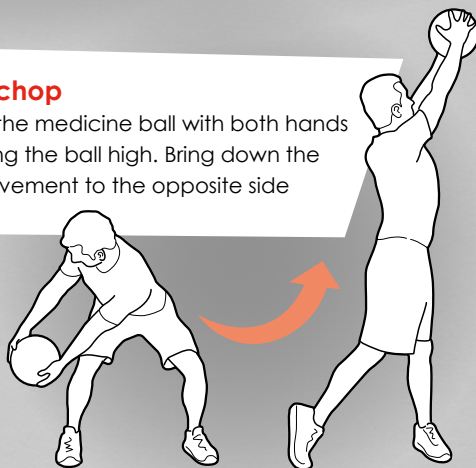
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### Burpee into step up



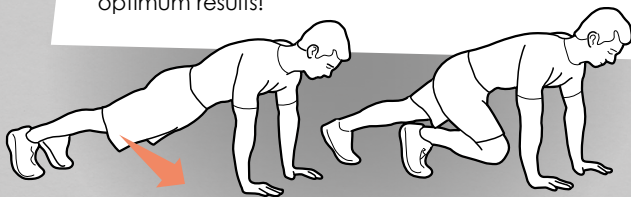
### Medicine ball diagonal chop

Keeping your knees soft, hold the medicine ball with both hands and stretch up to one side lifting the ball high. Bring down the ball diagonally in a 'chop' movement to the opposite side

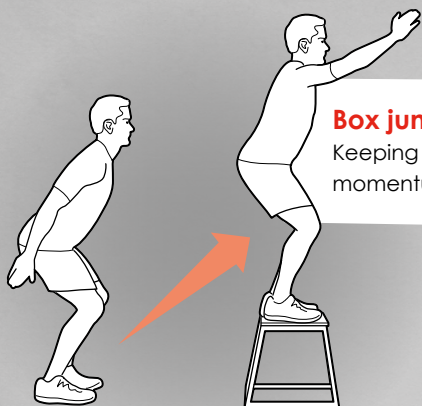


### Mountain climbers

Set yourself in a press up position with your hands shoulder width apart. Lift up alternate knees to your lower abs. Keep the glutes low to floor for optimum results!





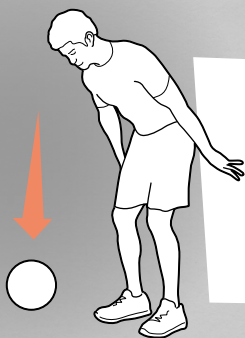
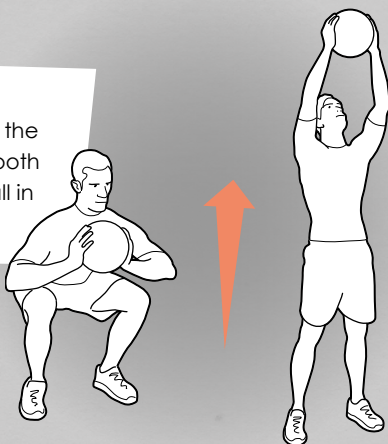


### **Box jump**

Keeping your knees soft, use your arms for momentum, jump on to the box and jump down

### **Medicine ball throws**

Squat down with knees parallel to the floor, hold the medicine ball with both hands. As you stand, throw the ball in the air and squat as you catch.



### **Medicine ball slams**

Hold the medicine ball with both hands above your head. Stretch up on to tip-toes and slam the ball down with force. Catch the ball as it bounces back.

For help designing your own personal programme please contact one of our instructors today.