

Bounding (Plyometrics)



- Plyometrics are an excellent way to improve muscular strength and quickness, but they are not for everyone. These are explosive movements meant for more advanced exercisers
- Start by running on a firm surface. The softer the surface, the harder this will be
- While running, extend your stride length, bouncing as you land. You are literally bouncing on your tendons as you do so, causing the muscles to contract faster and harder than normal.
- On each step you will bend your knee a little further than normal, and springing up and forward more than a typical running gait
- For more emphasis on the hips, bound slightly side to side. It helps to place a cone or other object for you to aim for.
- For best results, do this no more than twice a week, bounding during a run for about 5 to 10 minutes max.

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
