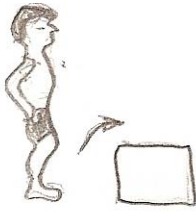
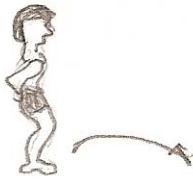


POWER EXERCISES TO USE STRENGTH FOR STARTING

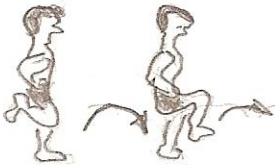
Since starting from a stationary position cannot benefit from plyometrics exercises that involve pre-tensioning the muscles, alternative exercises have to be used. Here are a few to try.



STANDING VERTICAL JUMP done without bending the knees significantly. A series of different heights adds to the challenge.



STANDING LONG JUMP with very little knee bend or by bending the knees and holding that position for more than 5 seconds to help dissipate the stored energy.



STANDING TRIPLE JUMP or Hop, Step and Jump



STATIC LUNG JUMPS. Hold the static lunge position for at least 5 second before jumping up and changing legs round. Always hold for several seconds.



SINGLE LEG SQUAT JUMP.

Again, hold the squat position for several seconds before jumping upwards