

How to develop explosive leg power and jump higher

What the research says:

A meta-analysis conducted by Suchomel et al. (2016) investigated the effects of weightlifting exercise, traditional resistance training, and plyometric training on **countermovement jump (CMJ)** performance. Here's a summary of the exercises recommended to improve jump performance based on the findings of this study:

Weightlifting Exercises:

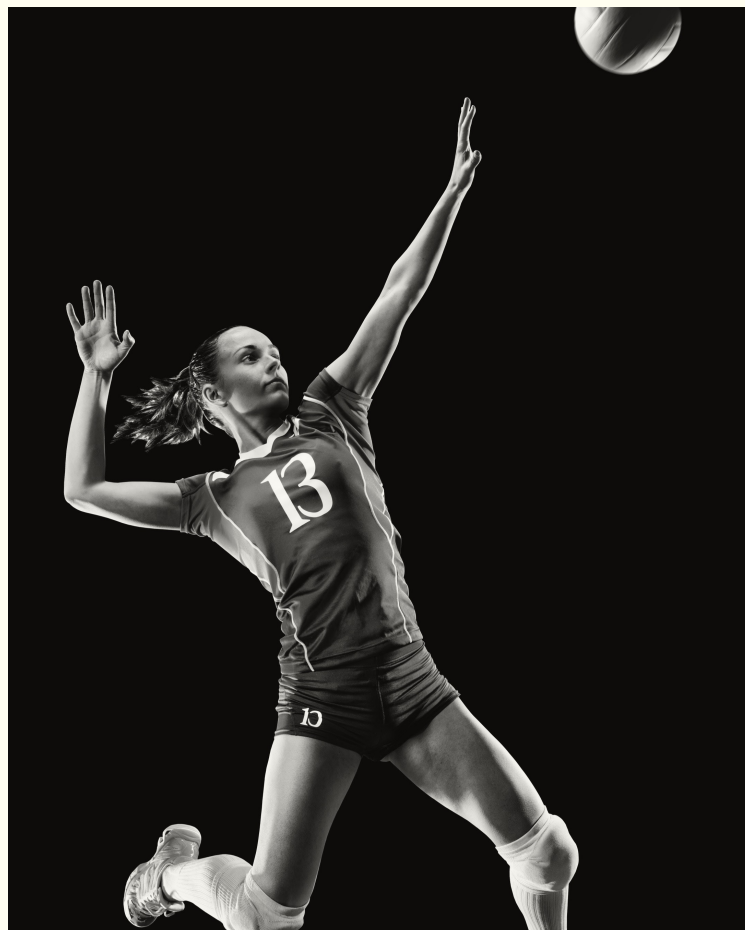
Weightlifting exercises such as the **snatch, clean, and their variations** were found to positively impact CMJ performance. These exercises involve explosive triple extension of the hips, knees, and ankles, which is fundamental for vertical jump performance.

Traditional Resistance Training:

Traditional resistance training exercises like **squats, deadlifts, and leg presses** were also shown to have a positive effect on CMJ performance. These exercises target the lower body musculature, enhancing strength and power, which are essential for vertical jump height.

Plyometric Training:

Plyometric exercises such as **depth jumps, bounding, and box jumps** were found to be highly effective for improving CMJ performance.

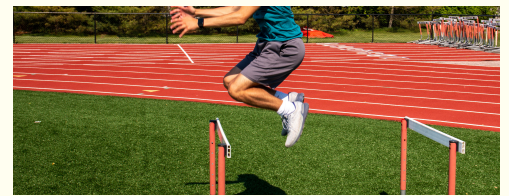


Plyometrics focus on rapid stretching and shortening of muscles, enhancing the stretch-shortening cycle and overall explosiveness.

Combined Training Programs:

Combining weightlifting exercises, traditional resistance training, and plyometric exercises in a structured training program may yield superior results in terms of improving CMJ performance compared to doing them individually.

If you would like to explore how chiropractic can help you reach out to us! We are happy to help!



In Summary

Weightlifting Exercises:

- snatch, clean, and their variations

Traditional Resistance Exercises:

- squats, deadlifts, and leg presses

Plyometric Training:

- depth jumps, bounding, and box jumps

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HOW CAN I PREVENT INJURY WHILE TRAINING?

A.

Practice proper form. Do not attempt these exercises before you understand how to execute the movements. Start slow and gradually build up from there. Do not be a weekend warrior. Ask for help.

SPECIAL OFFER: Contact our office to book a chiropractic biomechanical assessment for 50% off our regular fee to see if we can help you reach your health and athletic goals!