

**EXERCISE**

# Plyometric Box Jump

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called Plyometric Box Jump. It's a lower body exercise focusing primarily on the quads, hamstrings, and glutes.

Once your client is ready into position, work on an appropriate height box. You might need to adjust the height according to the client's needs. You might need to build up to this over a period of time.

In terms of distance away from the box, a good starting point would be roughly 30 centimetres or a physical reference point: two feet away from the box.

So Dom is in position. We're going to have Dom softening through the hips and the knees, jump up onto the box, nice soft landing, and then stepping away from the box.

Important to try and not jump back down as we could get a wrist injury. And again, jumping up, nice soft landing and stepping away.

Key things that you might need to look out here for is deterioration of technique. Because we're working here on a power-based effort, we want quality over quantity. So just one more for me, Dom. Nice soft landing and stepping away from the box. Excellent.

Give it a go.

# Main Muscles Involved

- Quads
- Hamstrings
- Glutes

