

A Closer Look at *ADVANCED BOX JUMPING*

The next level of plyometric training

One of the most effective methods to improve explosiveness is plyometric box jumps, as applied in the third phase of the BFS Plyometric Program. And the most advanced form of box jumping is called depth jumps.

The Russians refer to depth jumps as “shock training.” In this type of box jump the idea is to step off a box (not jumping, as the thigh muscles must be relaxed during the fall) and immediately rebound upward upon landing. One of the characteristics of shock training is a brief transition phase, which is the pause that occurs immediately after the eccentric phase ends

(i.e., when the knees bend) and before the concentric phase (i.e., when the knees straighten) begins. Such dynamic activity is required to release energy stored in the tendons and muscles developed during landing – energy that can be refocused to help an athlete jump higher and farther and run faster.

Shock training and all other forms of plyometrics can be extremely valuable training methods if used correctly. Don't let this valuable training method pass you by – seriously consider investing in some plyometric boxes and carefully reading all the material available from BFS on the subject. **BFS**



Just Jump!

The essential jump, plyometric, and speed testing tool with **exclusive** new BFS plyometric features!

Incredibly simple and efficient, the **BFS Just Jump and Run** can easily test 40+ athletes' vertical jump in 10 minutes or less.

Voice activated and accurate up to .01 seconds, the **BFS Just Jump and Run** is the tool for tracking your athletes' improvements in vertical jumps, sprints, and now plyometrics!



\$599
Item #324040

800-628-9737
www.biggerfasterstronger.com
info@bfsmail.com Fax (801) 975-1159
843 West 2400 South, Salt Lake City, UT 84119

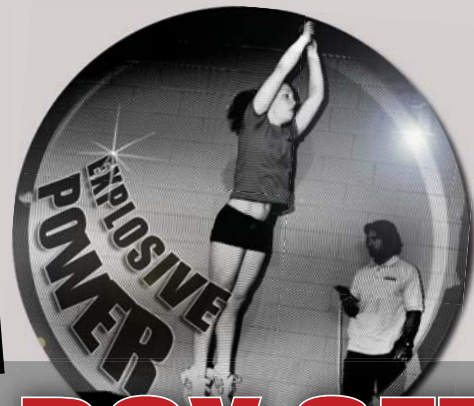


Depth Jump

Upper Body Explosiveness

Muscular Endurance





PLYO BOXES

VARSITY PLYO BOX SET

Set includes three 20" boxes, one 32" box with booster and a plyometric box jumping video.

\$599

Stock (Black Paint)
#320256
Call for
custom pricing



Our Plyo Boxes are fully stackable to save space.

\$209

#320269
42" Box

\$169

#320268
32" Box

\$109

#320267
20" Box

\$89

#320266
10" Box

BIGGER FASTER STRONGER



DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976

GET EXPLOSIVE - CALL NOW 1-800-628-9737

online at www.biggerfasterstronger.com • email us at info@bfsmail.com

843 West 2400 South, Salt Lake City, UT 84119 • Fax (801) 975-1159