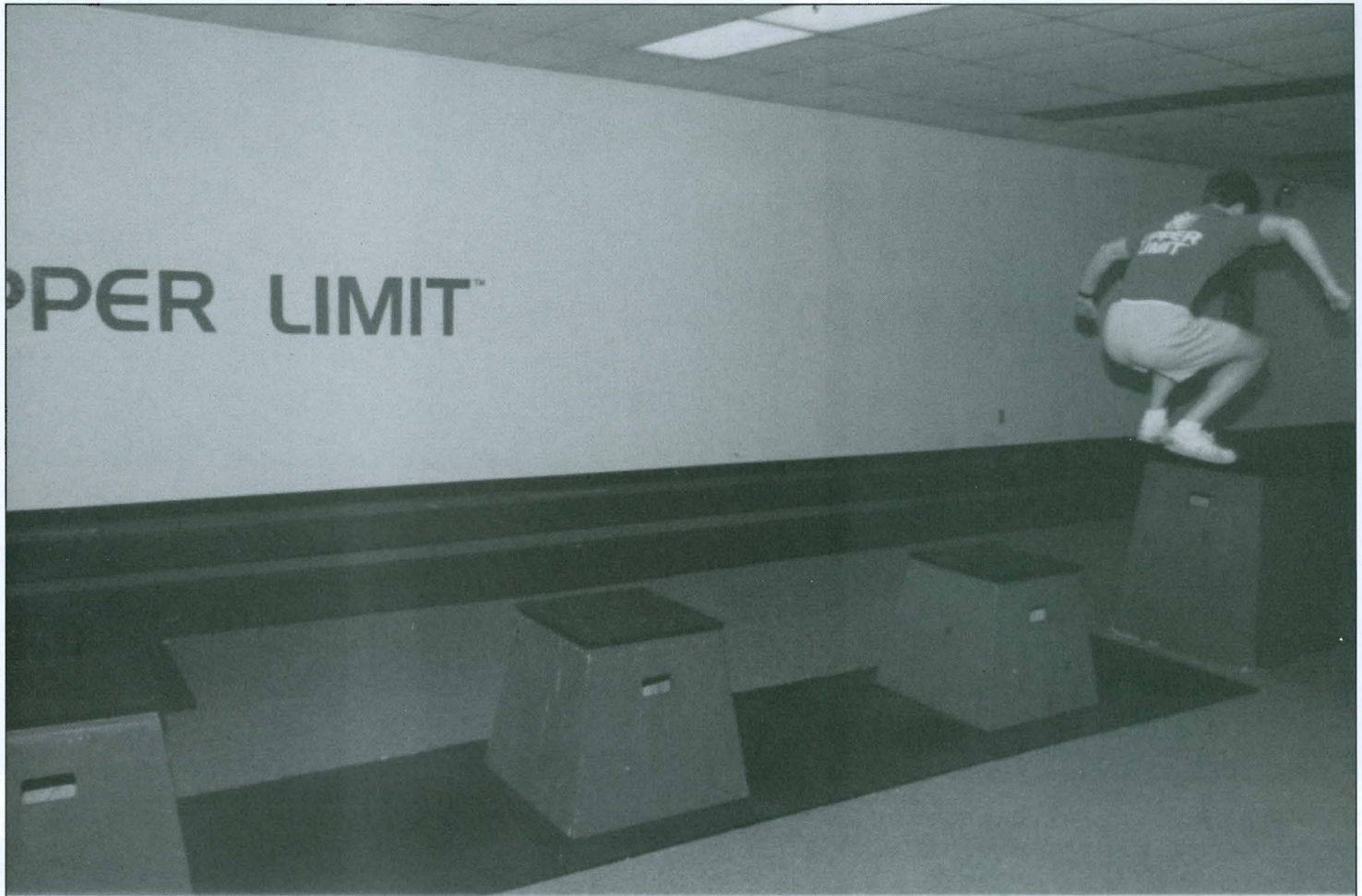
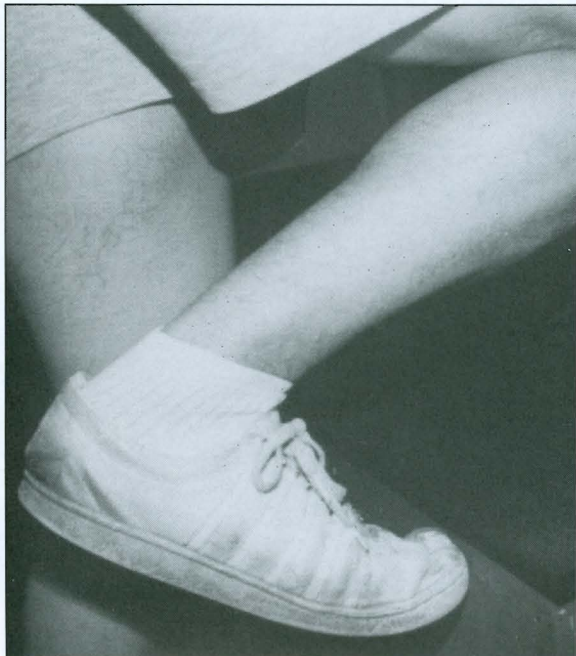


BOX JUMPING

SAFETY TECHNIQUE



When Going For A Big Box Jump At The End, A Spotter Should Be Used.

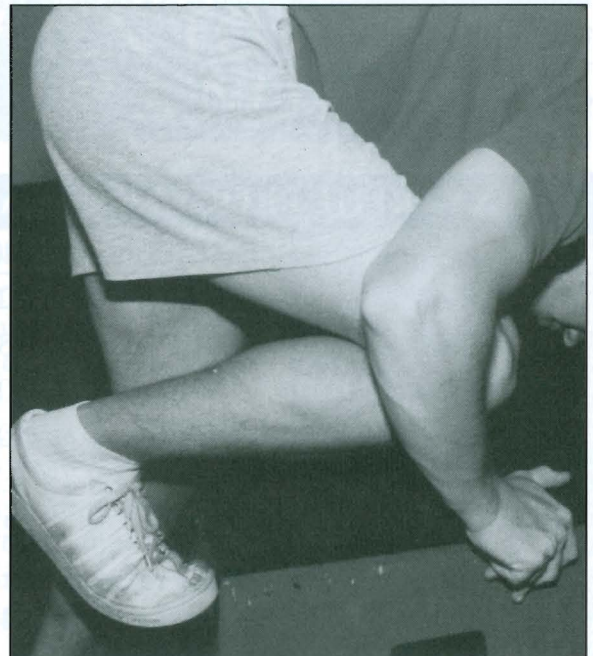


IF YOU MISS

This could really hurt. What usually happens is your foot will catch on the lip of the box. This causes a violent downward surge of the chest and head area.

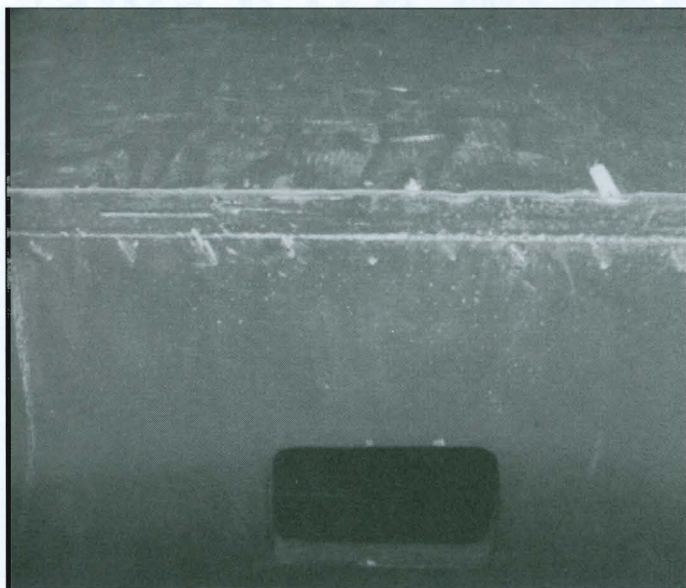
Consequently, the athlete's shin area will scrape on the edge of the box causing a very painful injury. It's not often something which prevents any loss of training, practice or game time but it does hurt like crazy.

A spotter can easily prevent this from happening and a carpeted box can minimize any injury that might occur.

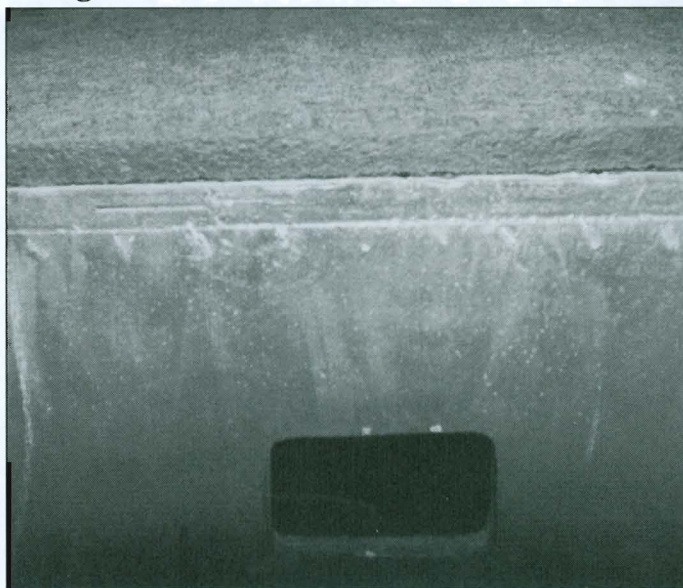


BOX JUMPING SAFETY TECHNIQUE

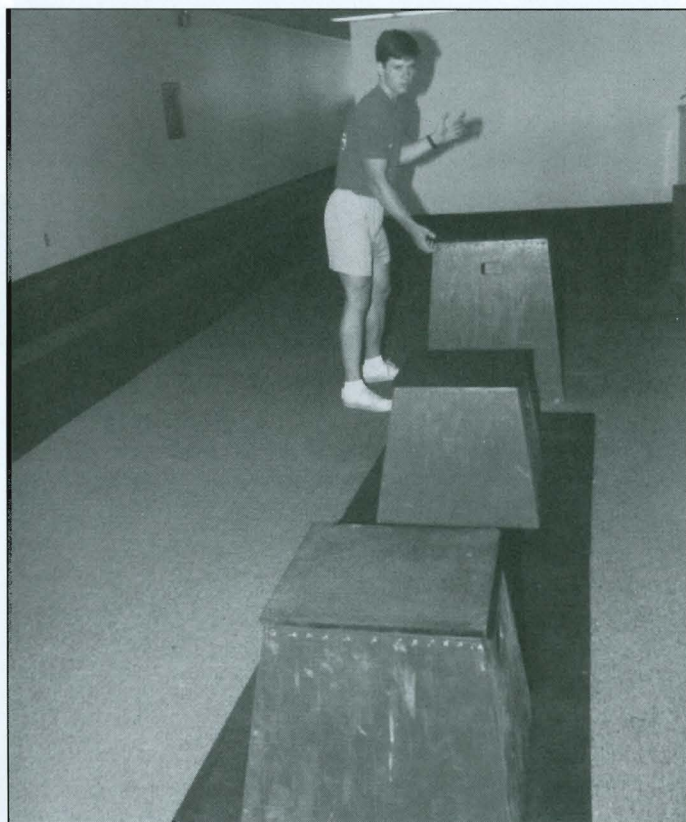
Continued From Page 42



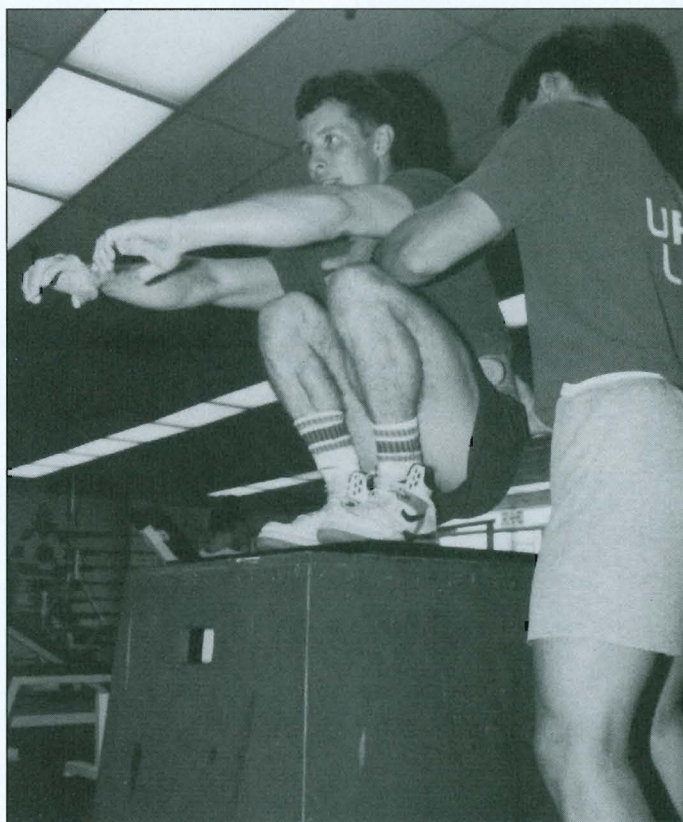
Plain Top Box: More Dangerous For Shin or Other Injuries.



Covered Top Box: This Box Could Really Save An Athlete.



One or Even Two Spotters Should Spot At The Biggest Box



To Spot: Place One Hand On the Chest and One On the Lower Hip or Glute Area.

A good spotter can prevent nearly all potential injuries resulting from a miscalculated Box Jump. The spotter needs to anticipate and with a little practice can become quite adept at placing a hand on an athlete's chest. This prevents the explosive downward movement of the upper body when the athlete's foot or feet do not clear the top of the box. This technique results in keeping the shin from

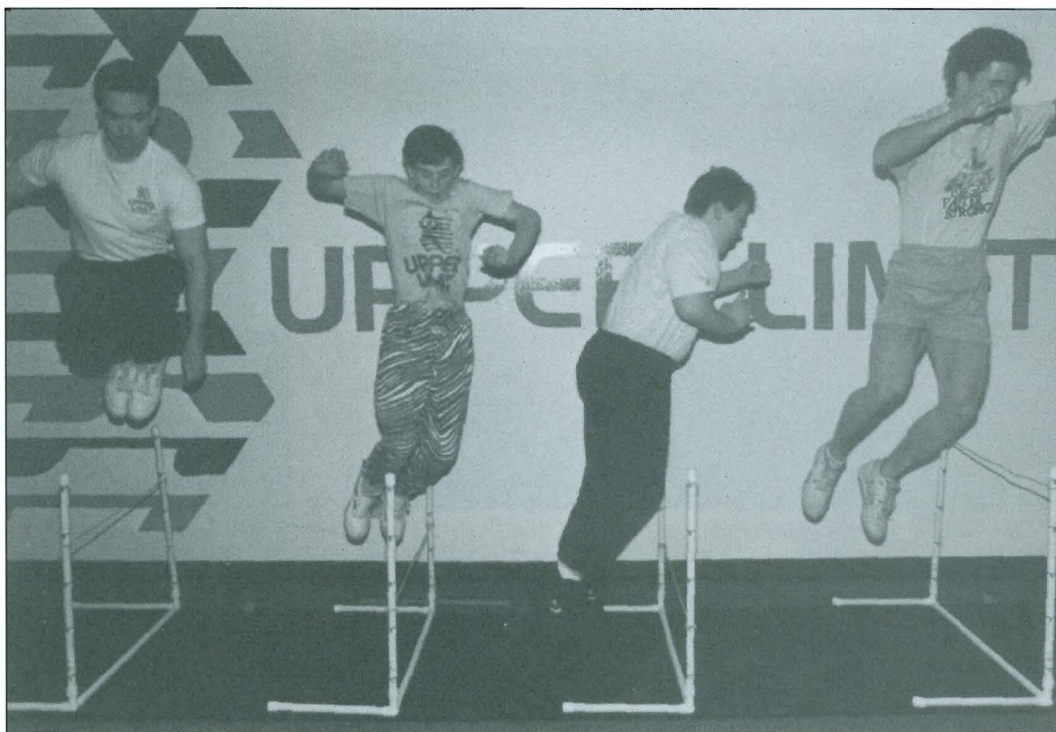
scraping. It should be noted that even with a carpeted box a miss can be painful. The spotter should also place the other hand on the athlete's lower hip or glute area. This just helps with stabilization and keeping the athlete from falling backward. The final safety precaution: Don't let everyone automatically try a big box jump. I advise that a coach approve each athlete before trying.

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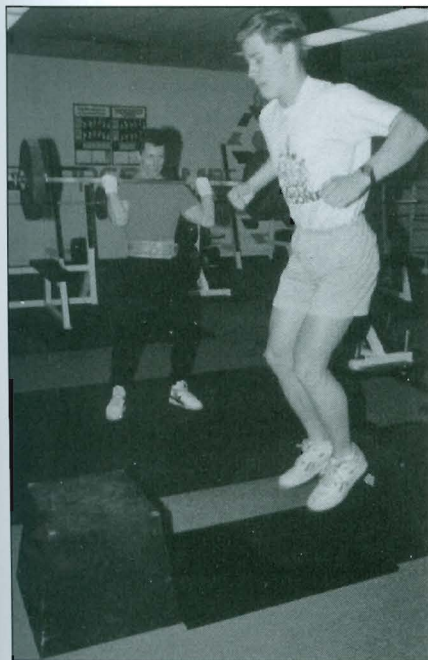
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Each Set comes with two plyometric boxes and one 3x2 pad designed for perfect traction, safety and effect.

Many high school programs need to utilize every second with super efficiency to maximize results. Why not add a Power Jump Pod to your Power Clean area. Most coaches have 3 of 4 athletes at each station: one athlete lifts while the others stand and wait their turn.

We suggest to do a set of 10 Box Jumps in between sets. There is strong evidence to indicate that this procedure will make an athlete stronger for his next sets!

One athlete lifts, one box jumps while the other gets ready. Be time effective; add a Power Jump Pod. It's only 99.00!

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