
Power Exercises

Lower Body Power (Advanced exercises to be performed in line with later stages of plyometrics and with suitable strength)

Level One: Dumbbell Snatch

Start with dumbbell between the legs, lift the shoulder directly up, extending the hips and violently contract the trapezius, as the dumbbell travels up, rotate the wrists around the wrists, catch the dumbbell at the top. The dumbbell stays close to the body. stabilise and return to start under control, keep the dumbbell close to the body.



Level Two: Squat Jump

In a squat position, swings arms and hips back and jump, reach arms to the ceiling, land softly with knees inline and bring hips back on landing

