

2015-16 HKUST Sports Team Fitness Training Workshop Spring Semester
Workshop Description

Workshop 4: Plyometrics for power and efficiency [6 Apr 2016 (Wed.) 1900-2030]

Plyometrics is a form of specialized strength development focusing on training muscle elastic strength and explosiveness to enhance athletic performance. Plyometrics is based on the understanding that a concentric muscular contraction is much stronger if it immediately follows an eccentric contraction of the same muscle.

This workshop is for HKUST sports team members who wish to know more about the use of Plyometrics training to improve muscular power and movement efficiency.

Participants will learn the correct postures and execution of Plyometrics exercises. Safety considerations, training tips and exercise progressions in Plyometrics exercise will also be covered.

Both males and females are welcome.

Participants should wear sportswear and non-marking sports shoes.