

Why Plyometrics Workouts Are Not The Best Way To Increase Vertical Height!

There are many sports experts out there that claim you can increase vertical height by using plyometrics alone!

Let's see why this statement is untrue! There are many studies that prove that plyometrics are not the best way to increase vertical height!

An 8-week study found no significant improvement in long jump performance or vertical jump by 26 college-age subjects who performed depth jumps 2x a week (1).

Another study reported no significant difference in the vertical jump between a group training with an isokinetic leg press and a group training with depth jumps (2).

A study by Clutch concluded that plyometrics exercises (depth jumps of various heights) are no more effective than a regular jumping routine for increasing vertical jump and leg strength (3).

And yet another study showed no significant differences in the 40-yard dash and the vertical jump between a weight training group versus a group using plyometrics (4).

Another study found no significant differences in dynamic leg strength and leg power between a group who only performed maximum vertical jumps (from ground level), and two groups who performed depth jumps from varying heights(5).

And it gets even better, because a couple of other studies concluded that plyometrics have no effect on power development/performance (6,7). Yet another study found no significant differences in the vertical jump, the leg press and peak power of the quads between a group who performed a strength training program and a group who performed a strength training program and plyometrics(8).

But plyometrics might be good for one thing and that is causing sport injuries!

Cook and his coworkers noted the risk of injury associated with plyometrics (9).

Hutchins states that the use of plyometrics exercises is "irresponsible" (10). The most common plyometrics related injuries are patellar tendonitis (11,12) and stress fractures (11). Many others have questioned the safety of plyometrics.

Having said that, you can see why, plyometrics are not the best way to increase vertical height! There is absolutely no scientific basis to it- the scientific evidence proves it to be harmful and not beneficial.

At best you can be injured if you do not have the necessary strength base! Having said that, it is imperative to develop a foundation of strength with strength/ weight training program before using plyometrics!

Plyometrics should be performed only if your body is strong enough to handle it.

Here are a few studies that prove that a plyometrics training system in combination with a strength training program can give you good results

In an issue of the Penn State Sports Medicine Newsletter there are numerous studies that prove this point!

One was of Finnish volleyball players (whose jump skills were already very good) who added plyometrics to their normal weight training. They saw an increase in vertical leap of 11 . There was also a description of a study done at the Human Performance Lab at Oregon State that compared plyometrics (jumps onto a box, double leg hops and

split squat jumps) and squatting twice per week to one or the other. The squat only group increase vertical leap 3.30 centimeters. Plyometrics only showed a 3.81 cm increase and the combination training increased 10.67 cm which is a big difference.

My issue with plyometrics is that it has not been studied enough for the average person to take up this kind of workout. The height that people jump from has to be exact, the technique at which the land has to be as near perfect as possible, the coach has to really know what they are doing. If you are doing it from a book, then stay well away from plyometrics. If you have a qualified coach who has done this kind training and really knows there stuff, then go for it.

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