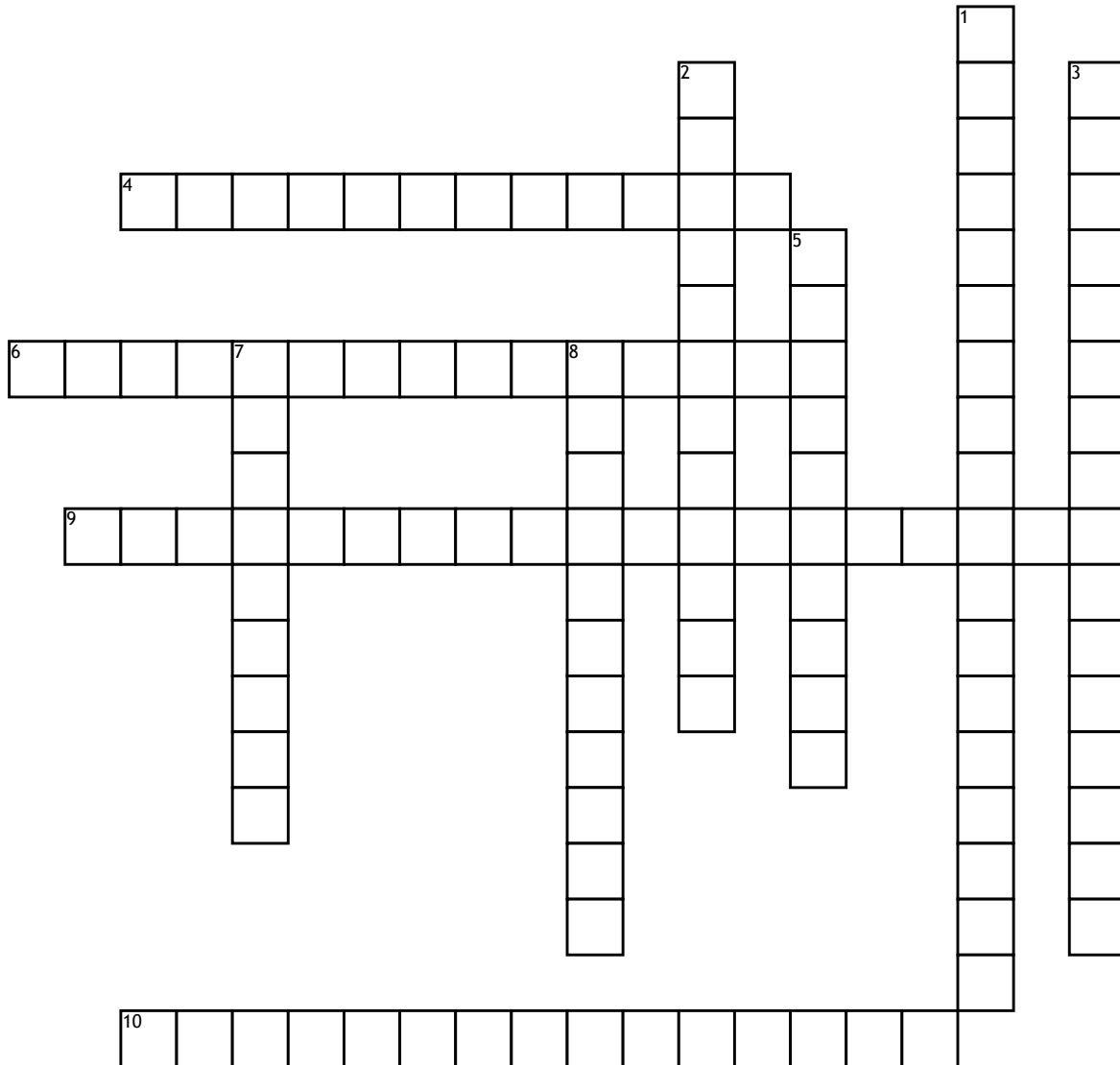


Name: _____

Plyometrics and Movement Progressions



Across

- 4. First phase of plyo-movement progression
- 6. Phase 2 of plyo-movement progression
- 9. defined as a rapid muscle lengthening followed immediately by a rapid muscle shortening
- 10. Phase 4 of plyo-movement progressions

Down

- 1. Phase 3 of Plyo-Movement progression

- 2. Time of dynamic stabilization during which the muscle transitions from loading the energy to releasing it
- 3. Secondary goal for plyometric exercises
- 5. unleading the stored and redirected energy; last phase of dynamic movement
- 7. First phase of dynamic movement. Used to enhance the resultant concentric muscle contraction
- 8. drills aimed at linking optimal strength and speed during fundamental movement patterns, sometimes referred to as "jump-training"