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Joseph Daniel King
University of Texas Permian Basin

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THE EFFECTS OF TWO PLYOMETRIC EXERCISES ON
VERTICAL AND HORIZONTAL JUMP PERFORMANCE

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THE EFFECTS OF TWO PLYOMETRIC EXERCISES ON VERTICAL AND HORIZONTAL JUMP PERFORMANCE

by

JOSEPH DANIEL KING, B.S.

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Abstract

This study investigated performance outcomes of vertical and horizontal jump tests after specific horizontal and vertical plyometric training. There were forty-six subjects with an average age of 113 months. Sixteen females and thirty males were randomly assigned to one of four plyometric treatment groups. Group I performed continuous horizontal bounds. Group II performed a combination of continuous horizontal and vertical bounds. Group III executed continuous vertical bounds, and Group IV was the control group and they did not receive any training. The duration of the training sessions was six-weeks. Each subject was pretested and posttested on vertical and horizontal jumping ability. The results of the study indicated that no significant training benefits were found in any of the training groups.