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## The Effects of Two Plyometric Exercises on Vertical and Horizontal Jump Performance

Joseph Daniel King

*University of Texas Permian Basin*

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

APPROVED BY SUPERVISORY COMMITTEE:

*Ben R. Alabi*

Chairman

*[Signature]*

Graduate Faculty Representative

*Louis A. Hale*

*Stan Am*

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

by

JOSEPH DANIEL KING, B.S.

THESIS

Presented to the Graduate Faculty of Physical Education

The University of Texas of the Permian Basin

in Partial Fulfillment

of Requirements

for the Degree of

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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.