

Be a Better Athlete: Jump Into a Plyometrics Class at Hunterdon Health & Wellness Center

Plyometric training at the Health & Wellness Center utilizes body weight and explosive movements to develop muscular power.

Jumping, squats and push-ups could be the key to making you a better athlete. Considered a core part of a sports-specific workout, plyometric training utilizes body weight and explosive movements to develop muscular power.

Plyometrics was brought to the United States in the 1970s for sports-specific training, particularly for track and field athletes. Today, it is regaining popularity with competitive and recreational athletes of all ages.

What is Plyometrics?

Plyometrics is a series of fast, high-intensity exercises that uses your body weight to:

- build muscle
- increase speed
- improve coordination
- enhance sports performance



“Plyometrics make your muscles faster by improving your muscle’s stretch reflex,” says Scott Saltzman, certified personal trainer at the Hunterdon Health and Wellness Centers in Clinton and Whitehouse Station. “It’s a fast, intense workout that quickly builds and strengthens muscles, which also helps athletes avoid injuries.”

Not only will plyometric training improve an athlete’s speed, coordination and balance, it also heightens reaction times, which is critical whether you are swinging a bat, kicking a soccer ball or taking your first few steps around the track,” says Mr. Saltzman.

“This is definitely the future for the young athlete,” he adds. “After completing a plyometrics course, participants should see an improvement in their normal routine with fewer aches and pains, and be able to play their sport even better.”

Plyometrics Classes at Hunterdon Health & Wellness Center

1738 Route 31 North,
Clinton, NJ

Call **908-735-6884** for more information or to register.