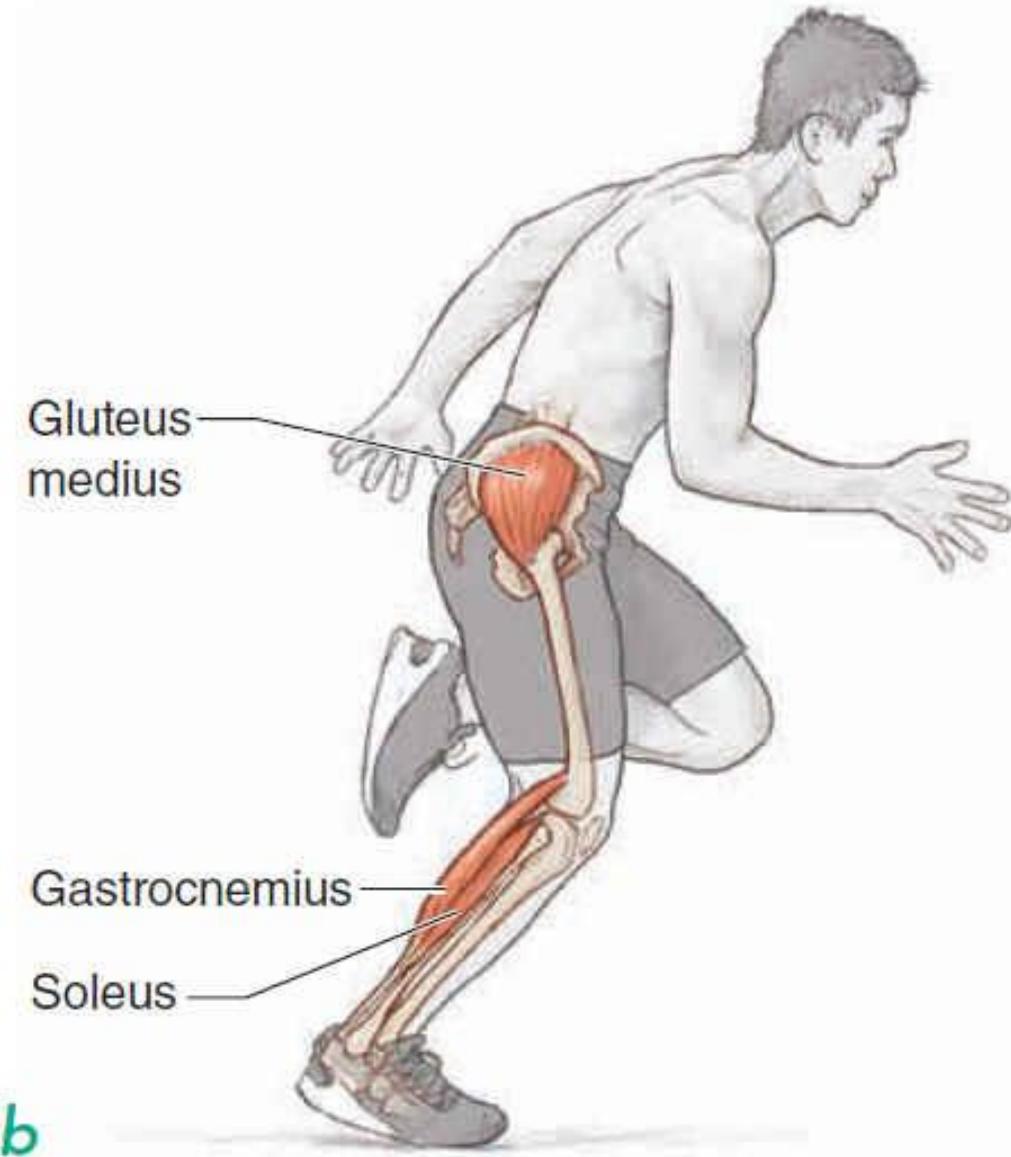
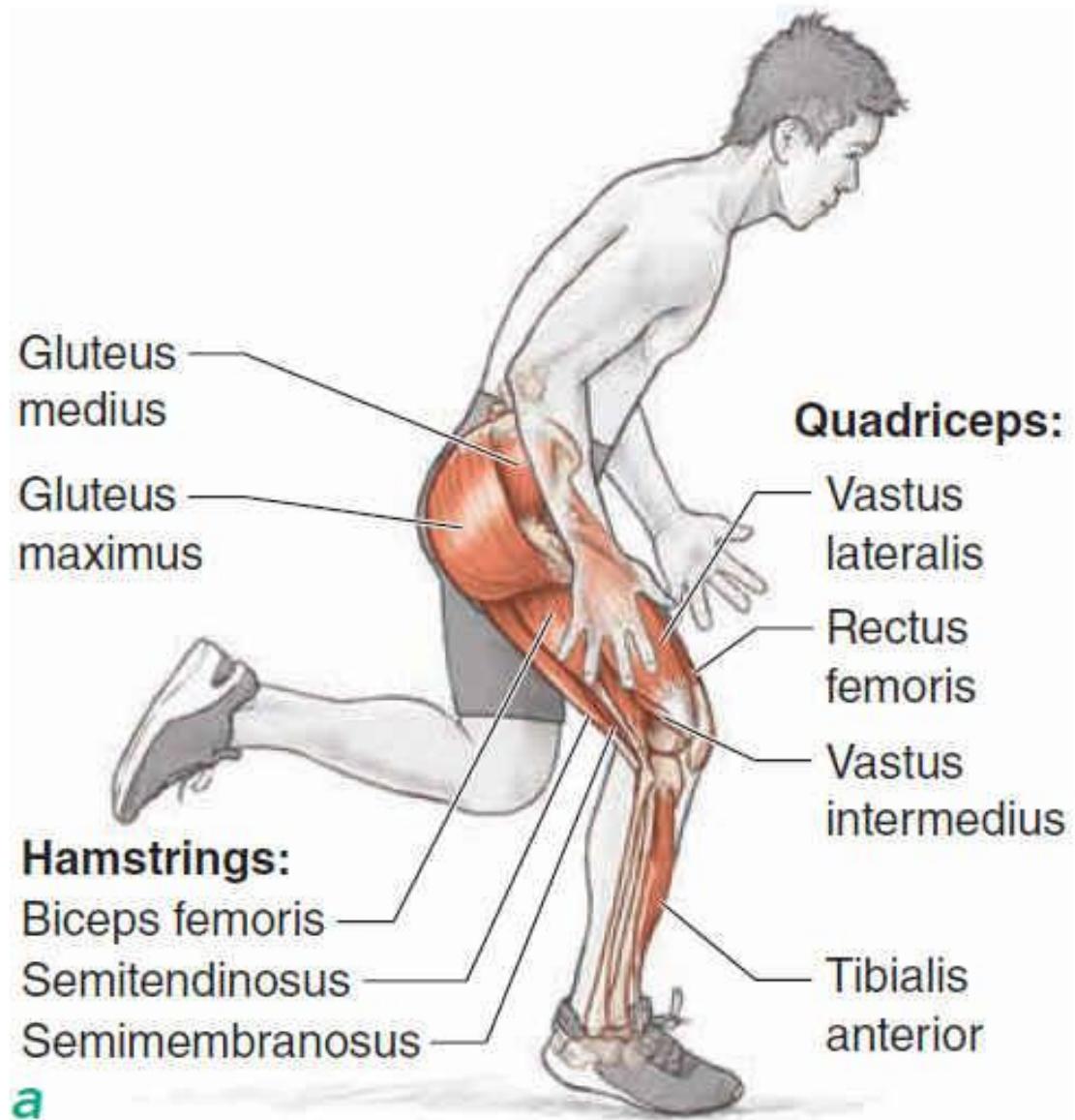


# **ENTRENAMIENTO PLIOMÉTRICO**

**Prof. Edgar Lopategui Corsino**

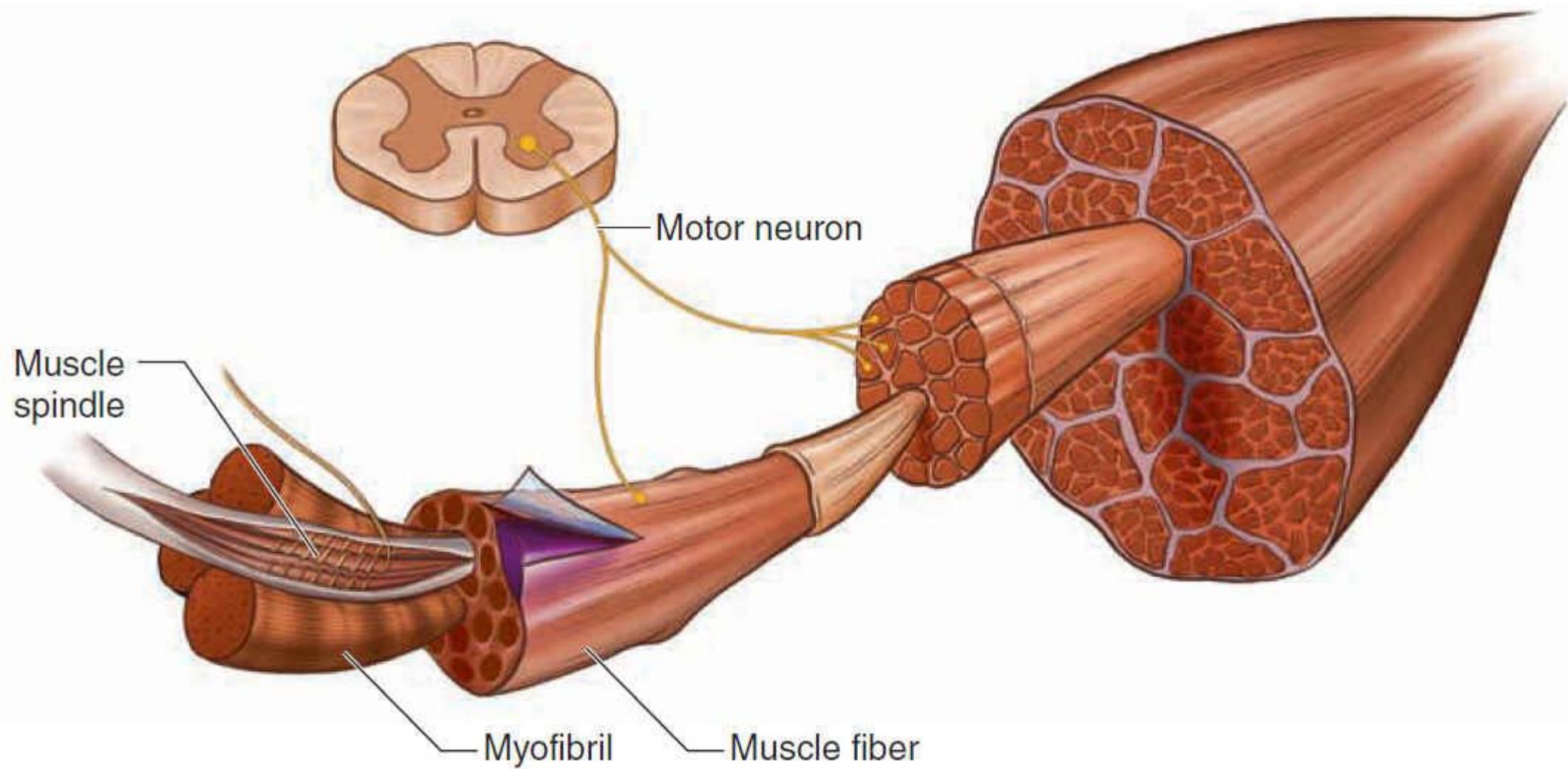
# **PHYSIOLOGICAL MECHANISM OF PLYOMETRICS**

# **MUSCULAR ACTIONS IN PLYOMETRICS**



**FIGURE 1.1** Running stride cycle.

# **STRETCH-SHORTENING CYCLE**



**FIGURE 1.2** Muscle spindle fiber in the muscle belly.



