

Development of Explosive Strength and Reactive Ability

The development of explosive strength and reactive ability uses loaded exercises, isometric exercises with a fast display of muscle tension, jump exercises, shock and complex methods.

2.2.1 Exercises with Loads (Weights)

The repeat-serial method is used here mainly in the following areas:

1. The load used is in the range of 60-80% of maximum. The greater the external resistance which must be overcome in competition, the greater the weight. There are 5-6 reps in a set performed at maximum effort with compulsory relaxation of the muscles between movements. The rate of executing the repetitions is not high. In one series of 2-4 sets, the rest pauses are 4-6 minutes between sets. In a training session of 2-4 series the breaks between series are 6-8 minutes.

2. The weight is 60-80% of maximum. The weight at the beginning of the lifts is at approximately 1/3 of the working range of motion. The weight is lowered with instant switching to the concentric regime and quickly moved in the opposite direction. In one set there are 5-6 repetitions with relaxation of the muscles when the weight is put back on support pillars. There are 2-3 reps in one set with a pause of 4-6 minutes in between sets. In a training session of 2-3 series the breaks between series are 8-10 minutes. In these variants, the work should not be of a steady rate nature. It is necessary to be mobilized for each repetition and to concentrate effort at the beginning of the movement.

3. [Barbell squat jumps](#) (Fig. 22, A) The weight of the bar is selected according to the athlete's abilities within the limits of 30-60% of maximum. In one set there are 4-6 squat jumps. In one series of 2-3 sets the rest pause is 4-6 minutes between sets. In a training session there are 2-3 series with rest breaks of 8-10 minutes.

4. In [squat jumps](#) with a kettlebell in the hands (16, 24, or 32 kgs, selected individually), standing on two parallel benches (Fig. 22, B). In one set there are 5-8 jumps at maximum effort. In one series of 2-3 sets, the rest is 6-8 minutes between sets. In one training session of 2-3 series the rest is 10-12 minutes between series.

The repeat method should also be used for the development of explosive muscle strength (Section 2.1.1.) especially when the athlete has to overcome a significant external resistance in competition. In this it is important to remember that it is necessary to relax the muscles whenever possible

This is an insert from the Russian Translated book [SPECIAL STRENGTH TRAINING-A Practical Manual for Coaches](#) By Yuri V. Verkhoshansky – Translation By [Dr Micheal Yessis](#) an expert on Soviet Training Methods.