



JEFF MONROE

Personal Trainer, Marathon &
Triathlon Competitor & Top
Male Fitness Model

702-481-3441

www.jeffmonroe.com

FAVORITE EXERCISE:

PLYO BOX JUMPS

“Plyometric box jumps (aka: plyo platforms) are a great tool for explosive jump and speed training. They are one of the most beneficial ways to improve lower body power, which is the relationship between strength and speed. Even your cardiovascular endurance, coordination, accuracy, agility and balance will get better. I like this type of exercise because it uses your body weight and gravity to load the muscle before contraction. So if you want an awesome well-rounded workout, plyo box jumps are for you.”