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Shock Method And Plyometrics - Verkhoshansky1. INTRODUCTION 1.2. FROM THE SHOCK METHOD TO PLYOMETRICS Fred Wilt Popularised Jump Training Used By Eastern Bloc Coaches In The USA, Pioneering The Term Plyometrics. Fred Wilt (1920-1994) Was A Distance Runner In The U.S. Wilt Was A Member Of The 1948 And 1952 Ol Mpic Teams And Famo S Fo His

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Pendidikan Olahraga Dan Kesehatan Universitas Pendidikan Indonesia Yati Ruhayati¹ Imas Damayanti²
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