The Effect of Plyometric training on the Muscular Ability and skill Performance Effectiveness of the Boxers

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The purpose of the research is to design a training program using plyometric exercises and investigate its effect on the muscular ability of the Boxers’ arms and legs as well as their skill performance effectiveness. The researcher uses the empirical approach where one group was tested using, pre and post measures. The university team of Boxers from 20 to 22 years old who have been registered in the Egyptian boxing association in Benha represents the study sample, where eight boxers with different weights and other eight boxers for the exploratory sample were tested. Results showed that the proposed plyometric training has a significant positive effect on the boxer’s arms and legs muscular ability.