

## POSITION STATEMENT

# Explosive Exercises and Training

It is the position of the National Strength and Conditioning Association that:

1. Resistance exercises characterized by maximal or near maximal rates of force development or by high accelerations, usually referred to as “explosive exercises,” are effective for enhancing physical performance.
2. Explosive exercises may be necessary for optimal physical conditioning in some sports, particularly those involving high accelerations.
3. In keeping with the principle of Specificity of Training, explosive exercises can be used to simulate movement patterns and velocity and acceleration patterns of many sports movements.
4. Explosive exercises should be taught by experienced and knowledgeable instructors.
5. When properly taught and supervised, explosive exercises do not involve excessive risk of injury.
6. Reduction of athletic injury risks associated with participation in sports involving high rates of force development or high accelerations, probably require some training with exercises involving high rates of force development or high accelerations.