

Plyometrics

Guide:

While doing the exercises always try to get as much height as possible

Leave as little time as possible between consecutive jumps

Beginners- concentrate of good landing at the start

Perform on solid ground- grass is best but carpet is also fine

Session 1

2 sets of:

25 2-footed skips (knees straight, jumping off toes)

10 forward and backwards hops on right leg over a line

10 forward and backwards hops on left leg over a line

5 clapping push-ups (push-up, clap, then go straight into next push-up)

10 2-footed lateral (sideways) jumps over a line

10 tuck jumps (knees into chest)

Rest for 2 minutes between sets (20 seconds rest between exercises)

Add-on: add 10 squat jumps (squat then jump vertically, then land in squat) & no rest between exercises.

Session 2

3 sets of:

40 2-footed skips (knees straight, jumping off toes)

15 forward and backwards hops on right leg over object 6-8"(15-25cm) tall

15 forward and backwards hops on left leg over object 6-8"(15-25cm) tall

8 clapping push-ups (push-up, clap, then go straight into next push-up)

10 2-footed lateral (sideways) jumps over a line

15 tuck jumps (knees into chest)

10 squat jumps (squat then jump vertically, then land in squat)

Rest for 2 minutes between sets (20 seconds rest between exercises)

Add-on: add 10 depth jumps (start on a box 20-32"(0.5-0.8m) high, step off, land on 2 feet, jump immediately vertically) & no rest between exercises.