

PLYOMETRICS - STEP JUMPS

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart in front of a flat bench or step. Keep your back straight. Movement: Exhale as you make a large jump onto the bench. Inhale as you jump back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="20"/>		<input type="text" value="0"/>

PLYOMETRICS - WALKING PUSH UP

Image 1 - Start



Image 2 - End



Starting Position: Place an exercise step on the ground and assume a push up position with your hands in the middle of it. Movement: Walk your left hand off of the step while moving your right hand to the middle of the step. Bend your elbows and complete a push up. Walk your hands back to the starting position and bend your elbows to complete a pushup. Walk your right hand off of the set while moving your left hand to the middle of the step. Bend your elbows to complete a pushup. Walk your hands back to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>		<input type="text" value="0"/>

PLYOMETRICS - JUMP OVER STEP

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart with your side to a step. Keep your back straight. Movement: Exhale as you make a large jump over the step. Inhale as you jump back over to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="20"/>		<input type="text" value="0"/>