

Example Plyometric Workouts

Proper form is the key to getting the most out of any workout.

Daily:

Stretch: Calves/ankles, Quads, Hamstrings, Hip Flexors, Hip Rotators, Shoulders/Upperback
Power Skips and

Other sprint drills - 2 x 20meters (on 4th week do 3 sets, remain at 3 sets)
Ice Skaters - 2 x 30 seconds(on 4th week do 3 sets, on 5th week
add 5 sec to duration of set)

Monday:

Jump Rope(two feet) - 1 x 75
Hold landing for 5 seconds on the following:
Broad Jump - 1 x 10**
Vertical Jump - 1 x 10**

Wednesday:

Box Rapid Fire - 2 x 30 seconds
Half Spin Jumps - 5*** each direction
One Leg Vertical Takeoff - 5*** each leg

Friday:

Ankle Bounce - 2 x 25*
Hold landing for 5 seconds on the following:
Tuck Jump - 1 x 10**
Lunge Jump - 1 x 10**

Monday:

Jump Rope(two feet) - 1 x 100
Hold landing for 5 seconds on the following:
Broad Jump - 1 x 12**
Vertical Jump - 1 x 12**

Wednesday:

Box Rapid Fire - 2 x 30 seconds
Half Spin Jumps - 6*** each direction
One Leg Vertical Takeoff - 6*** each leg

Friday:

Ankle Bounce - 2 x 30
Hold landing for 5 seconds on the following:
Tuck Jump - 1 x 12*
Lunge Jump - 1 x 12*

Increase jump rope repetitions by 25 each week until you reach 200, then add another set and start over at 75

Box Rapid Fire - After 8 weeks add a third set and decrease time to 30 seconds

*Increase ankle bounces by 5 each week until you reach 50 repetitions, then change to single leg ankle bounces and start repetitions over at 25.

**Continue increasing number of repetitions per set on following weeks until repetitions equal 20 then add another set and reduce repetitions to 10.

***Continue increasing number of repetitions per set on following weeks until repetitions equal 10 then add another set and reduce repetitions to 5.