

PLYOMETRIC EXERCISES

DOUBLE LEG BOX JUMPS

Technique

1. Stand in an upright position on a box or bench.
2. Contract your abdominal muscles to stabilize your trunk and spine.
3. Drop off of the bench with both feet. Do not jump off, just drop. Jump forward and upward immediately after hitting the ground. Strive to maximize distance with the jump.

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Do not lock your knees at any time during this exercise.

DOUBLE LEG FORWARD HOPS

Technique

1. Stand in an upright position with your knees slightly bent and your feet about shoulder-width apart.
2. Quickly drop your body 10 to 12 inches by flexing your knees and rapidly explode upward and to the front. Swing your arms forcefully upwards and out. Concentrate on maximizing the distance traveled forward, staying low to the ground.
3. Upon landing, immediately repeat the jump.

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Do not allow your knees to extend in front of your toes.
- Do not lock your knees at any time during this exercise.

DOUBLE LEG KANGAROO HOPS

Technique

1. Stand in an upright position with your knees slightly bent.
2. Quickly drop your body 10 to 12 inches by flexing your knees and rapidly explode upward and to the front. At the highest point of the jump, cycle your feet under your buttocks as in a cycling motion or running motion, but keep your feet together.

Repeat upon landing and continue for 25 meters. Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise.
- Do not lock your knees at any time during this exercise.

DOUBLE LEG LATERAL HOP AND RUN

Technique

1. Stand in an upright position with your knees slightly bent and your feet about shoulder-width apart.
2. Quickly drop your body 10 to 12 inches by flexing your knees and rapidly explode upward and to the side. Swing your arms forcefully upwards.
3. Upon landing, immediately repeat the jump, but jump to the other side. Repeat this 10 times. After the 10th jump, sprint forward for 50 meters.

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Do not lock your knees at any time during this exercise.

DOUBLE LEG LATERAL HOPS

Technique

1. Stand in an upright position with your knees slightly bent and your feet about shoulder-width apart.
2. Quickly drop your body 10 to 12 inches by flexing your knees and rapidly explode upward and to the side. Swing your arms forcefully upwards.
3. Upon landing, immediately repeat the jump, but jump to the other side.

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise.
- Inhale on the downward portions and exhale on the upward portion.
- Do not allow your knees to extend in front of your toes.
- Do not lock your knees at any time during this exercise.

DOUBLE LEG TUCK JUMP

Technique

1. Stand in an upright position with your knees slightly bent and your feet about shoulder-width apart.
2. Quickly drop your body 10 to 12 inches by flexing your knees and rapidly explode upward. Swing your arms forcefully upwards.
3. Immediately pull your knees up toward your chest, grab your knees with your hands and release. This should occur at the highest point in your jump.
4. Upon landing, immediately repeat the drill.

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.

- Do not allow your knees to extend in front of your toes.
- Do not lock your knees at any time during this exercise.

DOUBLE LEG VERTICAL JUMP

Technique

1. Stand in an upright position with your knees slightly bent and your feet about shoulder-width apart.
2. Quickly drop your body 10 to 12 inches by flexing your knees and rapidly explode upward. Swing your arms forcefully upwards and reach as high as possible.
3. Upon landing, immediately repeat the drill.

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Do not allow your knees to extend in front of your toes.
- Do not lock your knees at any time during this exercise.

DOUBLE LEG ZIG ZAG HOPS

Technique

1. Stand in an upright position with your knees slightly bent and your feet about shoulder-width apart.
2. Quickly drop your body 10 to 12 inches by flexing your knees and rapidly explode upward, forward and to the side. Swing your arms forcefully upwards.
3. Upon landing, immediately repeat the jump, but jump forward and to the other side. Follow a zigzag pattern

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Do not allow your knees to extend in front of your toes.
- Do not lock your knees at any time during this exercise.

LUNGE JUMP

Technique

1. Stand in an upright position. Assume a lunge stance with one leg bent at the knee and placed forward and the other leg behind your body.
2. Contract your abdominal muscles to stabilize your trunk and spine.
3. Lower your body about 8 to 10 inches and explosively jump off of your front leg, springing into the air. When landing, maintain the lunge position.

Repeat for the desired number of repetitions.

Things to watch for

- Inhale on the downward portions and exhale on the upward portion.
- Keep your back in a vertical position.
- Do not allow the knee of the forward leg to extend in front of the foot.
- Do not lock your knees at any time during this exercise.

ONE-LEG HOP IN PLACE

Technique

1. This exercise may be performed with body weight only or with additional resistance by holding a dumbbell in each hand.
2. Stand in an upright position. If you are holding dumbbells, they should be held at your sides with a neutral grip.
3. Contract your abdominal muscles to stabilize your trunk and spine.
4. Place one foot (rear foot) behind you on a bench that is 6 to 12 inches high. Your other foot (forward foot) should be flat on the floor and directly under you. Bend your forward knee until it is at approximately a 90-degree angle. Do not let your knee extend in front of your foot. Hop up and down on your forward leg as quickly as you can. Most of the motion should be at your ankle. The rear foot should remain stationary and in contact with the bench. Hop for 15 to 30 seconds.
5. Slowly straighten your forward leg and return to the starting position.

Repeat this exercise using the other leg as the lead leg.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Keep your back in a vertical position.
- Do not allow the knee of the forward leg to extend in front of the foot.
- Do not lock your knees at any time during this exercise.

RUNNING BOUND

Technique

1. Begin by performing an easy run. Push off explosively with your left leg and drive your right knee up and out. Concentrate on driving the knee forward. Strive for maximum distance with each bound. Avoid vertical movement and stay low to the ground.
2. Upon landing on the right foot, push off explosively with the right foot, driving the left knee up and out. Repeat this sequence throughout the drill. Remember to try to maximize distance and minimize time on the ground. Try to feel light on your feet.

Repeat for 50 to 100 meters.

Things to watch for

- Breath throughout the exercise
- Do not lock your knees at any time during this exercise.

SCISSOR KICK

Technique

1. Stand in an upright position. If you are holding dumbbells, they should be held at your sides with a neutral grip.
2. Contract your abdominal muscles to stabilize your trunk and spine.
3. Place your left foot in front of you on a bench that is 18 to 24 inches high. Your

right foot should be flat on the floor and directly under you. Forcefully push off with your left foot and spring into the air. Switch leg positions in the air by driving your right knee upward and come down with the right foot on the bench and the left foot on the floor.

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Keep your back in a vertical position.
- Do not allow the knee of the forward leg to extend in front of the foot.
- Do not lock your knees at any time during this exercise.

SINGLE LEG BOX JUMPS

Technique

1. Stand in an upright position on a box or bench.
2. Contract your abdominal muscles to stabilize your trunk and spine.
3. Step off of the bench with your left foot. Do not jump off, just step off. Jump forward and upward immediately after hitting the ground. Strive to maximize distance with the jump.

Repeat for the desired number of repetitions. Repeat using the other leg.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Do not lock your knees at any time during this exercise.

SINGLE LEG FORWARD HOP

Technique

1. Stand on one foot with the other foot held free and behind your body.
2. Quickly drop your body 10 to 12 inches by flexing your knee and rapidly explode upward and forward. Swing your arms forcefully upwards.
3. Land on the same leg and immediately repeat the exercise.
4. Repeat with the other leg.

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Do not allow your knees to extend in front of your toes.
- Do not lock your knees at any time during this exercise.

SINGLE LEG LATERAL HOP

Technique

1. Stand on one foot with the other foot held free and behind your body.
2. Quickly drop your body 10 to 12 inches by flexing your knee and rapidly explode upward and to the side. Swing your arms forcefully upwards.
3. Land on the opposite leg and immediately repeat the exercise with that leg, jumping in the opposite direction.

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise.
- Inhale on the downward portions and exhale on the upward portion.
- Do not allow your knees to extend in front of your toes.
- Do not lock your knees at any time during this exercise.

SINGLE LEG VERTICAL JUMP

Technique

1. Stand on one foot with the other foot held behind your body.
2. Quickly drop your body 10 to 12 inches by flexing your knee and rapidly explode upward. Swing your arms forcefully upwards and reach as high as possible.
3. Upon landing, immediately repeat the drill.

Repeat for the desired number of repetitions. Repeat with the other leg.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Do not allow your knees to extend in front of your toes.
- Do not lock your knees at any time during this exercise.
- Do not attempt this exercise if you're not conditioned for high intensity activities.

SINGLE LEG ZIG ZAG HOP

Technique

1. Stand on one foot with the other foot held free and behind your body.
2. Quickly drop your body 10 to 12 inches by flexing your knee and rapidly explode upward, forward and to the side. Swing your arms forcefully upwards.
3. Land on the opposite leg and immediately repeat the exercise with that leg, jumping forward and in the opposite direction in a zigzag pattern. Strive for maximum distance on each hop.

Repeat for the desired number of repetitions or for a specific time or distance.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Do not allow your knees to extend in front of your toes.
- Do not lock your knees at any time during this exercise.

SPLIT LUNGE JUMP

Technique

1. Stand in an upright position. Assume a lunge stance with one leg bent at the knee and placed forward and the other leg behind your body.
2. Contract your abdominal muscles to stabilize your trunk and spine.
3. Lower your body about 8 to 10 inches and explosively jump off of your front leg, springing into the air. Reverse the position of your legs in the air. The forward leg should move to the back and the back leg to the front. Immediately repeat the exercise with the reversed leg position.

Repeat for the desired number of repetitions.

Things to watch for

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion.
- Keep your back in a vertical position.
- Do not allow the knee of the forward leg to extend in front of the foot.
- Do not lock your knees at any time during this exercise.

STRIDE JUMP

Technique

1. Stand next to a bench in an upright position.
2. Contract your abdominal muscles to stabilize your trunk and spine.
3. Place your left foot on the bench at your side that is 18 to 24 inches high. Your right foot should be flat on the floor and directly under you. Forcefully push off with your left foot and spring into the air. At the same time drive your right knee upward as in a running stride. Land back in the original starting position.

Repeat for the desired number of repetitions. Repeat with the other leg.

Things to watch for

- Breath throughout the exercise
- Keep your back in a vertical position.
- Do not lock your knees at any time during this exercise.