

Plyometrics

Plyometric Sample Workout

Level	Day 1	Sets - Reps	RI	Day 2	Sets - Reps	RI
1	Tuck Jump – Knees Up	2 x 10	45	Tuck Jump – Butt Kick	2 x 10	45
	Power Jumps	2 x 10	45	Power Jumps	2 x 10	45
				Two-Foot Ankle Hop	2 x 10	45
				Double Leg Hops	3 x 5	45
	Boxes:			Boxes (same as Day 1)		
	Box Jump	3 x 5	45			
	Lateral Bench Squats (Twist)	3 x 5	45			
	Lateral Crossover Box Step Ups (Twist)	3 x 5	45			
2	Double Leg Lateral Box Jumps from each side	1 x 5 ea	45	Double Leg Lateral Cone Hops	2 x 4	45
	Single Leg Lateral Box Jumps (6" Box)	3 x 5	45	Alt Leg Lateral Cone Hops with Stick	3 x 4	45
				Stationary Lateral Bounds	2 x 6	45
	Tuck Jump – Knees Up	2 x 10	45	Tuck Jump – Butt Kick	2 x 10	45
	Power Jumps	2 x 10	45	Power Jumps	2 x 10	45
	Split Squat Jump	3 x 4	45	Two-Foot Ankle Hop	2 x 10	45
				Split Squat Jump	3 x 4	45
				Double Leg Hops	3 x 6	45
	Boxes:			Boxes (same as Day 1)		
	Box Jump	3 x 6	45			
	Lateral Bench Squats (Twist)	3 x 6	45			
	Lateral Crossover Box Step Ups (Twist)	3 x 6	45			
	Double Leg Lateral Cone Hops with Stick	2 x 5	45	Double Leg Lateral Cone Hops no Stick	2 x 6	45
	Single Leg Lateral Cone Hop with Stick	3 x 5 ea	45	Alt Leg Lateral Cone Hops no Stick	3 x 6	45
				Stationary Lateral Bounds	2 x 6	45

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3	Tuck Jump – Knees Up	2 x 10	45	Tuck Jump – Butt Kick	2 x 10	45
	Power Jumps	2 x 10	45	Power Jumps	2 x 10	45
	Split Squat Jump	4 x 4	45	Two-Foot Ankle Hop	2 x 10	45
	Split Squat with Cycle	2 x 4	45	Split Squat Jump	4 x 4	45
				Split Squat with Cycle	2 x 4	45
				Double Leg Hops	4 x 6	45
	Boxes:					
	Box Jump	4 x 6	45	Boxes (same as Day 1)		
	Lateral Bench Squats (Twist)	4 x 6	45			
	Lateral Crossover Box Step Ups (Twist)	4 x 6	45			
	Double Leg Lateral 3 Cone Hops with Stick	2 x 5	45	Zig Zag Double Leg Lateral Cone Hops	2 x 8	45
	Single Leg Lateral 3 Cone Hop with Stick	3 x 5 ea	45	With stick		
4	Mini Hurdle Hops Linear One Leg with Stick	1 x 8 ea	45	Zig Zag Alt Leg Lateral Cone Hop with Stick	3 x 8	45
				Stationary Lateral Bounds		
					2 x 6	45
	Tuck Jump – Knees Up	2 x 10	30	Tuck Jump – Butt Kick	2 x 10	30
	Power Jumps	2 x 10	30	Power Jumps	2 x 10	30
	Split Squat Jump	4 x 4	30	Two-Foot Ankle Hop	2 x 10	30
	Split Squat with Cycle	2 x 4	30	Split Squat Jump	4 x 4	30
				Split Squat with Cycle	2 x 4	30
				Double Leg Hops	3 x 6	30
	Boxes:			Boxes (same as Day 1)		
	Lateral Bench Squats (Twist)	4 x 6	30			
	Lateral Crossover Box Step Ups (Twist)	4 x 6	30			
	Weighted Box Jumps (10 - 20 lbs)	5 x 6	30			
	Depth Jump into Double Leg Hop	5 x 5	30			
	Double Leg Lateral Cone Hops	2 x 6	30	Zig Zag Double Leg Lateral Cone Hops no Stick	2 x 8	30
	Single Leg Lateral 3 Cone Hop no Stick	3 x 6 ea	30	Zig Zag Alt Leg Lateral Cone Hop no Stick	4 x 8	30
	Mini Hurdle Hops Linear One Leg no Stick	2 x 8 ea	30	Stationary Lateral Bounds		
					2 x 6	30

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5	Tuck Jump – Knees Up	2 x 10	30	Tuck Jump – Butt Kick	2 x 10	30
	Power Jumps	2 x 10	30	Power Jumps	2 x 10	30
	Split Squat Jump	4 x 5	30	Two-Foot Ankle Hop	2 x 10	30
	Split Squat with Cycle	2 x 4	30	Split Squat Jump	4 x 5	30
				Split Squat with Cycle	2 x 4	30
				Double Leg Hops	3 x 6	30
				Single Leg Hops	2 x 6 ea	30
	Boxes:			Boxes (same as Day 1)		
	Lateral Bench Squats (Twist)	4 x 6	30			
	Lateral Crossover Box Step Ups (Twist)	4 x 6	30			
	Weighted Box Jumps (10 - 20 lbs)	5 x 8	30			
	Depth Jump into Double Leg Hop	5 x 6	30			
	Stationary Lateral Bounds	2 x 6	30	Stationary Lateral Bounds	2 x 6	30
	Moving Lateral Cone Hops	3 x 6 ea	30	Moving Lateral Cone Hops	3 x 6 ea	30
6	Cross Over Bound	3 x 6 ea	30	Cross Over Bound	3 x 6 ea	30
	Cross Behind Bound	3 x 6 ea	30	Cross Behind Bound	3 x 6 ea	30
	Alternate Leg Diagonal Bound	3 x 6	30	Alternate Leg Diagonal Bound	3 x 6	30
	Tuck Jump – Knees Up	2 x 10	30	Tuck Jump – Butt Kick	2 x 10	30
	Power Jumps	2 x 10	30	Power Jumps	2 x 10	30
	Split Squat Jump	4 x 5	30	Two-Foot Ankle Hop	2 x 10	30
	Split Squat with Cycle	2 x 4	30	Split Squat Jump	4 x 5	30
				Split Squat with Cycle	2 x 4	30
				Double Leg Hops	2 x 4	30
				Single Leg Hops	2 x 4 ea	30
	Boxes:			Boxes (same as Day 1)		
	Lateral Bench Squats (Twist)	4 x 6	30			
	Lateral Crossover Box Step Ups (Twist)	4 x 6	30			
	Weighted Box Jumps (10 - 20 lbs)	5 x 10	30			
	Depth Jump into Long Jump	5 x 8	30			
	Stationary Lateral Bounds	2 x 6	30	Stationary Lateral Bounds	2 x 6	30
	Moving Lateral Cone Hops	4 x 6 ea	30	Moving Lateral Cone Hops	4 x 6 ea	30
	Cross Over Bound	4 x 6 ea	30	Cross Over Bound	4 x 6 ea	30
	Cross Behind Bound	4 x 6 ea	30	Cross Behind Bound	4 x 6 ea	30
	Alternate Leg Diagonal Bound	4 x 6	30	Alternate Leg Diagonal Bound	4 x 6	30