

Plyo Workouts

***Perform after Dynamic Warm Up**

Week 1 Static Jump - Stick the Landing 3x5

Week 2 Static Jump - Stick the Landing 3x

Week 3 Dynamic Jump (when you land, jump again, very little ground contact time) 3x5

Week 4 Lateral Jump - Stick the Landing 3x5ea

Week 5 Lateral Jump - Stick the Landing 3x5ea

Week 6 Lateral Jump to Lateral Jump 3x5

Week 7 Lateral Jump to Lateral Jump 3x5

Week 8 Lateral Jump to Vertical Jump 3x5ea

Week 9 Lateral Jump to Lateral Jump to Vertical Jump 3x5ea

Week 10 Single Leg Lateral Jump to Opposite Leg Stick 3x5ea

Week 11 Single Leg Lateral Jump to Single Leg Lateral Jump With Stick 3x5ea