PLYOMETRICS SESSION 1

Warm Up

A.	Ankle Rotations	30 sec/side
B.	Ankle Rockers	60 sec
C.	Lateral Leg Raise	30 sec/side
D.	Over & Back	30 sec/side
E.	Body Weight Squat	30 sec
F.	Lunge & Rotate	60 sec alternating
G.	High Kicks	30 sec/side

Workout

Four-Square Formation

Both Legs

A.	Box 1-2	Max. in 20 sec.	_____	
B.	Box 1-4	Max. in 20 sec.	_____	
C.	Box 1-2-3	Max. in 20 sec.	_____	
D.	Box 1-3-2	Max. in 20 sec.	_____	
E.	Box 1-2-3-4	Max. in 20 sec.	_____	

Single Leg

A.	Box 1-2	Max. in 10 sec.	_____R	_____L
B.	Box 1-4	Max. in 10 sec.	_____R	_____L
C.	Box 1-3	Max. in 10 sec.	_____R	_____L
D.	Box 4-2	Max. in 10 sec.	_____R	_____L

Both Legs: 1 Foam Block

A.	Box 1-2	Max. in 10 sec.	_____
B.	Box 1-4	Max. in 10 sec.	_____

Both Legs

A.	Box 1-2-3-4	Max. in 20 sec.	_____
B.	Box 1-3	Max. in 20 sec.	_____
C.	Box 1-4-3-2	Max. in 20 sec.	_____
D.	Box 4-2	Max. in 20 sec.	_____

Single Leg

A.	Box 1-2	Max. in 5 sec.	_____R	_____L
B.	Box 1-4	Max. in 5 sec.	_____R	_____L
C.	Box 1-3	Max. in 5 sec.	_____R	_____L
D.	Box 4-2	Max. in 5 sec.	_____R	_____L

Both Legs: 1 Foam Block

A.	Box 1-4	Max. in 5 sec.	_____	_____
			_____	_____

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PLYOMETRICS SESSION 1

Both Legs

A.	Box 1-2-3-4-1-4-3-2	Max. in 10 sec.	_____
B.	Box 1-3	Max. in 10 sec.	_____
C.	Box 1-2-3-4-1-4-3-2	Max. in 10 sec.	_____
D.	Box 4-2	Max. in 10 sec.	_____

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