PLYOMETRICS SESSION 7

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

Squat Jump (CFX Anchor Point In-Front)

A. Both Legs	Max. in 30 sec.	_____	
B. Both Legs	Max. in 20 sec.	_____	
C. Both Legs	Max. in 10 sec.	_____	
D. Both Legs	Max. in 5 sec.	_____	

Long Jump (CFX Anchor Point Behind)

A. Both Legs	Max. in 10 sec.	_____	_____
		_____	_____

Triple Jump (CFX Anchor Point Behind)

A. Both Legs	5 reps	_____	_____
		_____	_____

Box Squat into Squat Jump

A. Both Legs	5 reps	_____	_____
		_____	_____

Lateral Box Strides: Both Legs (CFX Anchor Point Behind)

A. 12” Box	Max. in 15 sec.	_____	_____
		_____	_____

Depth Jumps: Both Legs

A. 12” Box	10 reps	_____	_____
B. 18” Box (Comfort Level)	10 reps	_____	_____
C. 24” Box (Comfort Level)	10 reps	_____	_____

©2020