
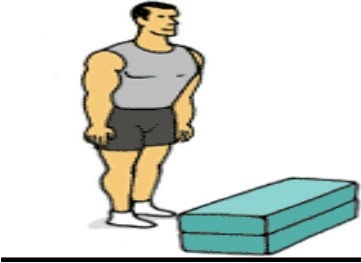
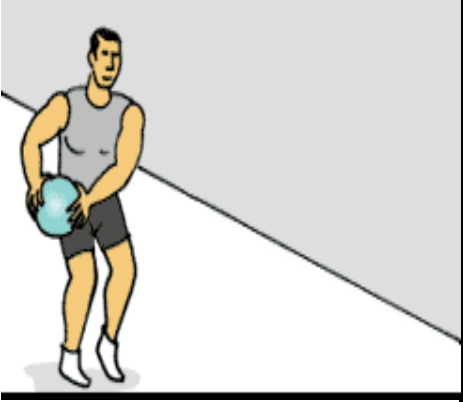
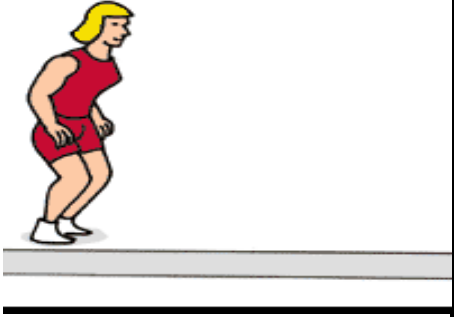





Plyometrics Power Circuit

Complete in a circuit with 1 minute rest between exercises

Rest 2 minutes and complete circuit 2 more times

Exercise		Sets	Reps	Time
<p>Lateral Stability Jumps</p> <ol style="list-style-type: none"> Stand with left shoulder facing box with feet slightly wider than hip-width apart. Lower body into a semi-squat position and jump up onto box. Feet should land softly on box. Step back down (not jump back down) and repeat according to prescribed reps. <p>Trainer's comments:</p>		1	12	
<p>Linear Stability Jumps</p> <ol style="list-style-type: none"> Stand facing box with feet slightly wider than hip-width apart. Lower body into a semi-squat position and jump up onto box. Feet should land softly on box. Step back down (not jump back down) and repeat according to prescribed reps. <p>Trainer's comments:</p>		1	12	
<p>Side Throws</p> <ol style="list-style-type: none"> Stand with feet hip-width apart; place left foot approximately one foot in front of right foot. Hold medicine ball with both hands and arms only slightly bent. Swing ball over to the right hip and forcefully underhand toss ball forward to a partner or wall. Keep the stomach drawn in to maximize proper usage of muscle. Catch ball on the bounce from your partner or wall and repeat according to prescribed repetitions. <p>Trainer's comments:</p>		1	15	
		2	15	
		3	15	

<p>Two Foot Zig Zap Hops</p> <ol style="list-style-type: none"> 1. Stand to the left of the ladder approximately 1-2 feet away. 2. Forcefully push off both feet and land the on the other side of the ladder. 3. Repeat and land feet back on the other side, continue repeating and so on down the ladder. 4. Do not “double hop” upon each landing. <p>Trainer's comments:</p>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>15</td> <td></td> </tr> <tr> <td>2</td> <td>15</td> <td></td> </tr> <tr> <td>3</td> <td>15</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Time	1	15		2	15		3	15	
Sets	Reps	Time												
1	15													
2	15													
3	15													
<p>Explosive Start Throws</p> <p>Stand with feet slightly wider than hip-width apart. Knees should be slightly bent.</p> <p>Pick medicine ball up to chest level. Quickly explode up and press the ball straight out as far and fast as you can. As you press the ball forward explode with either leg so that you actually sprint forward a couple of steps.</p> <p>Trainer's comments:</p>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>10</td> <td></td> </tr> <tr> <td>2</td> <td>10</td> <td></td> </tr> <tr> <td>3</td> <td>10</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Time	1	10		2	10		3	10	
Sets	Reps	Time												
1	10													
2	10													
3	10													
<p>Step Jumps</p> <ol style="list-style-type: none"> 1. Stand beside object to be cleared. 2. Bring knees up and jump vertically but also laterally off ground and over the barrier. 3. Land on both feet and jump the other direction over barrier. <p>Trainer's comments:</p>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>10</td> <td></td> </tr> <tr> <td>2</td> <td>10</td> <td></td> </tr> <tr> <td>3</td> <td>10</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Time	1	10		2	10		3	10	
Sets	Reps	Time												
1	10													
2	10													
3	10													
<p>Explosive Pushup</p> <ol style="list-style-type: none"> 1. Start by getting into a push-up position. 2. Lower yourself to the ground and then explosively push up so that your hands leave the ground. 3. Catch your fall with your hands and immediately lower yourself into a pushup again and repeat. 4. Repeat for the recommended repetitions. <p>Trainer's comments:</p>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>12</td> <td></td> </tr> <tr> <td>2</td> <td>12</td> <td></td> </tr> <tr> <td>3</td> <td>12</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Time	1	12		2	12		3	12	
Sets	Reps	Time												
1	12													
2	12													
3	12													