

## **Full-body Plyometric Workout**

*Remember to do these exercises on a soft surface like gymnastics mats, grass, or wrestling mats. These are designed to be done on you off days, assuming you have a Mon./Wed./Fri. weight lifting schedule. Once you feel comfortable doing these exercises on 2 off days, you can add in Saturday too if you wish.*

	<b>Tuesday</b>	<b>Thursday</b>
Side-to-Side Ankle Hops, Single Foot	10 Reps, 2 Sets 10/ 10/	10 Reps, 2 Sets 10/ 10/
Standing Jump-and-Reach	15 Reps, 2 Sets 15/ 15/	15 Reps, 2 Sets 15/ 15/
Standing Jump over an Obstacle	15 Reps, 2 Sets 15/ 15/	15 Reps, 2 Sets 15/ 15/
Squat Jump	10 Reps, 1 Sets 10/	10 Reps, 1 Sets 10/
Pike Jump, Split	10 Reps, 1 Sets 10/	10 Reps, 1 Sets 10/
Clapping Push-up	10 Reps, 2 Sets 10/ 10/	10 Reps, 2 Sets 10/ 10/
Incline Depth Jump Push-ups	8 Reps, 2 Sets 8/ 8/	8 Reps, 2 Sets 8/ 8/
Elevated Explosive Push-ups	8 Reps, 1 Sets 8/	8 Reps, 1 Sets 8/