

## Plyometrics Jump Training Routine

*Here's the plyometrics jump training routine. Start on soft surfaces and remember, this routine is targeted at beginners; people who have done weight training before but not plyometrics.*

	<i><b>Tuesday</b></i>	<i><b>Thursday</b></i>
<b>2 Foot Ankle Hop</b>	—	2 Sets, 15 Reps 15/ 15/
<b>Single Foot Side-to-Side Ankle Hops</b>	1 Set, 10 Reps 10/	—
<b>Side-to-Side Ankle Hops</b>	1 Set, 10 Reps 10/	—
<b>Hip-Twist Ankle Hop</b>	1 Set, 10 Reps 10/	1 Set, 10 Reps 10/
<b>Standing Jump-and-Reach</b>	1 Set, 20 Reps 20/	2 Sets, 10 Reps 10/ 10/
<b>Standing Jump over Barrier</b>	2 Sets, 15 Reps 15/ 15/	—
<b>Single Leg Push-Off</b>	2 Sets, 10 Reps 10/ 10/	2 Sets, 10 Reps 10/ 10/
<b>Step-Close Jump-and-Reach</b>	—	2 Sets, 10 Reps 10/ 10/