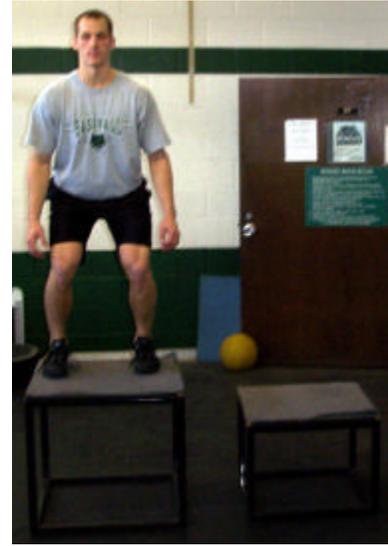
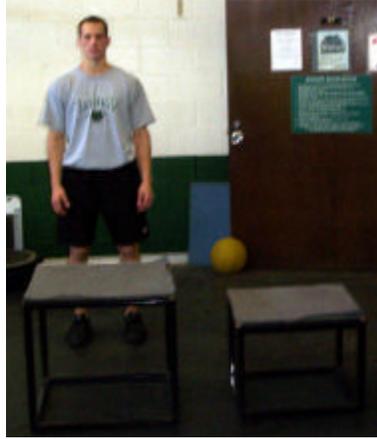


PLYOMETRIC EXERCISES

Box Jumps: Use a box that is 12 to 30 inches high. Set your feet about shoulder width apart about 2 feet away from the box. Jump straight up and land on the box softly. Step down onto a lower box to your side, get back to your starting position, and jump again. The key to this exercise is landing as soft as you can on the box. Make sure you start with the smallest box and move up to a higher box when you feel comfortable.



Single leg box Jumps: This exercise will be done both forward and laterally. Use a box that is 4 to 14 inches high. To jump forward, stand on one leg with the box in front of you. Jump off this leg and land on the same leg on top of the box landing as soft as you can. Step down with your opposite leg. Perform the prescribed number of reps for each leg.

To jump laterally, stand on one leg with the box beside you. Jump off this leg and land on the same leg on top of the box. Perform this exercise on both legs with your inside and outside foot. The key to this exercise is to land soft on top of the box, and to stick your landing creating stability.



Weighted Box Jumps: Use a box that is 14 to 16 inches high. Hold dumbbells that are 10 to 40 pounds in each hand about 2 feet away from the box. Jump straight up and land softly on top of the box. Step down, set your feet, and then jump again.



Lateral Bounds: Moving in the lateral plane without moving forward, push off of one leg as far as you can to your side landing on your other foot. As soon as you land, stabilize yourself, and then push back the other way to the foot you originally started with. Repeat this sequence back and fourth for the prescribe number of repetitions.



Skater Bounds: This exercise will be performed the same way as a lateral bound, but you will now move forward. Push off one leg at a 45-degree angle and land on the other foot. As soon as you land, stabilize yourself, and then push back to the foot you started with at a 45-degree angle. Move forward going back and forth for about 20 yards.



Forward Shuffle Jumps: Use an 18-inch box or a flat bench. Start with your left foot on top of the box, and your right foot on the floor. Push off your left leg as high as you can straight up in the air. When coming back down land with your right foot on the box and your left foot on the floor. Repeat this movement with your right leg, and continue the cycle back and fourth for the prescribed number of repetitions.



Lateral Skip Overs: Use a 12 to 14 inch box. Start with your right foot on top of the box, and your left foot on the floor to the left side of the box. Push off your left foot laterally, so that your left foot will land on top of the box, and your right foot will land on the floor to the right side of the box. Repeat this sequence back and fourth as quick as you can for the prescribed amount of time.

