January 30th PES

Plyometrics

* Land Softly in a Strong Stance
  + On the Balls of your Feet
  + Hips Low and Behind your Shoulders
  + Chest Up
  + Land in the middle of the box
* Never Start Another Rep Until you are on Balance
* Know Your Limits *AND* Push Them!!

Set #1

* Wall Jumps, 4 x 10 (BW, Lighter Resistance, Heavier Resistance, BW)
  + Reach up the wall as high as you can
  + Bounce quickly, powerfully
* Squat Box Jump, 4 x 6 (BW, Lighter Resistance, Heavier Resistance, BW)
  + Each rep starts from a ¾ squat stance, no countermovement
* 1-Leg Lateral Bounce, 3 x 8 (All BW)
  + Start 2 Legs on the Box
  + Hop laterally to one side off the box
  + Bounce off the floor with one leg and land with 2 back on box
  + Quickly, but balance is more important
* Hurdle Box Jump, 4 x 5 (BW, Lighter Resistance, Heavier Resistance, BW)
  + At least 12” hurdle
  + 2 foot bounce over hurdle followed by immediate box jump

Set #2

* Burpee Jumps, 4 x 6 (BW, Lighter Resistance, Heavier Resistance, BW)
  + Quick burpee
  + Explosive jump
  + Land in a strong stance on balance before starting next rep
* Chair Box Jump, 4 x 6 (BW, Lighter Resistance, Heavier Resistance, BW)
* Lunge Box Jump, 3 x 8 each leg (BW, Light Resistance, BW)
  + No switch of the legs in the air
* 1-Leg Front Box Push Off, 3 x 8 each leg (BW, Light Resistance, BW)
  + No switch of the legs in the air

Set #3

* Burpee Bounding, 4 x 6 (BW, Lighter Resistance, Heavier Resistance, BW)
  + Quick burpee
  + Explosive bound
  + Land in a strong stance on balance before beginning next rep
* 2-Leg Chair Bounding, 4 x 5 (BW, Lighter Resistance, Heavier Resistance, BW)
  + Each Rep Starts From the Chair
* 1-Leg Multiple Bound, 3 x 5 each leg (only BW)
  + bound as far as you can in consecutive jumps
  + Last bound land on two legs
* Lateral Hop-Hop-Bound, 4 x 10,6,6,10
  + 1st and last sets stick the landing
  + 2nd and 3rd sets move as quickly as possible