



PRINT & POST

PLYOMETRIC CONDITIONING STATIONS

WORKOUT OF THE DAY





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Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

Ready to give your athletes an edge?

On the next 6 pages you will find a sample workout from our [Print & Post Plyometric Conditioning Stations](#) Package.

Plyometric training involves *quick, explosive movements* designed to **increase explosiveness & power**.

The exercises focus on training the mind/body connection to activate more muscle fibers, more quickly, in order to increase the efficiency and speed of muscle contractions.

The result is increased power & athletic performance.

We think you the best way to evaluate if this sort of training is for you is to put it to the test.

Here's How:

Step 1: Print

Print out the 5 Drill Posters

Step 2: Post

Post the drill posters around your space (gym or field) to make 5 separate "Plyometric Power Stations". If using with a team, divide your team up so that athletes are spread out along all 5 stations. If you are working with only 1 athlete, simply have them start at the first exercise and work their way through the exercises in order.

Step 3: Workout

Go around and give a quick demonstration of each exercise. Explain that the athletes are going to be at each station for exactly 1 minute each, and are required to hustle to the next station each time your whistle is blown. On your whistle, the Plyometric Workout begins. Have a stopwatch handy and blow your whistle every minute to indicate when athletes move to next station. After 5 minutes, you are DONE!

Step 4: Keeping Going

There are 24 other workouts like the one you are about to try. Download the complete set here: <http://AmericanCoachingAcademy.com/plyometrics/>

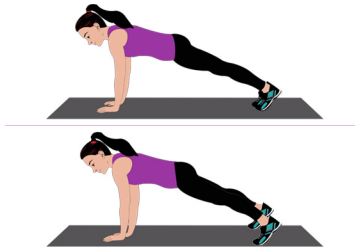


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HOMework WORKOUT 6

1 Minute Each Exercise | No Rest Between Exercises

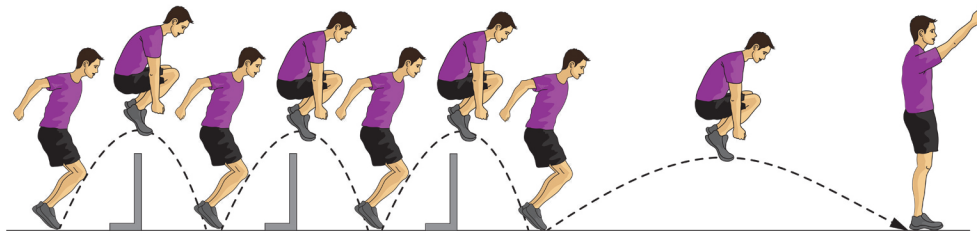
PLANK JACK



SPLIT JUMPS



QUICK JUMPS TO LONG JUMP



BOUNDING FOR DISTANCE



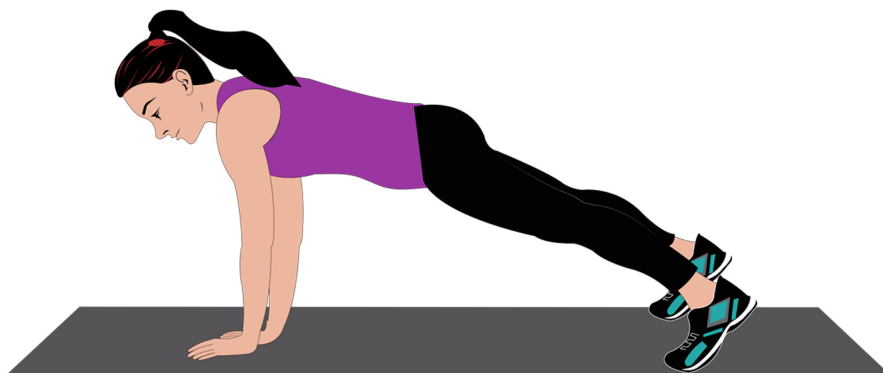
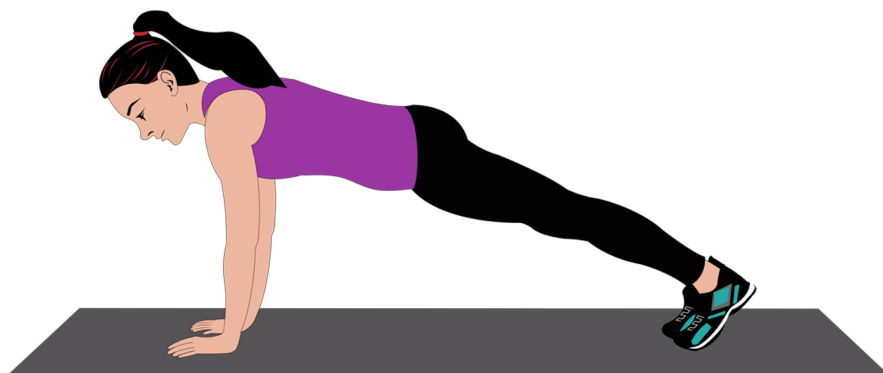
180 SPIDERMAN JUMPS





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PLANK JACK



HOW TO DO IT:

- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- 2 Like the motion of a jumping jack, jump your legs wide and then back together. Keep your pelvis steady and don't let it rise toward the ceiling.
- 3 Repeat jumping feet in and out.

make it easier:

Hop feet in and out at a slower pace.

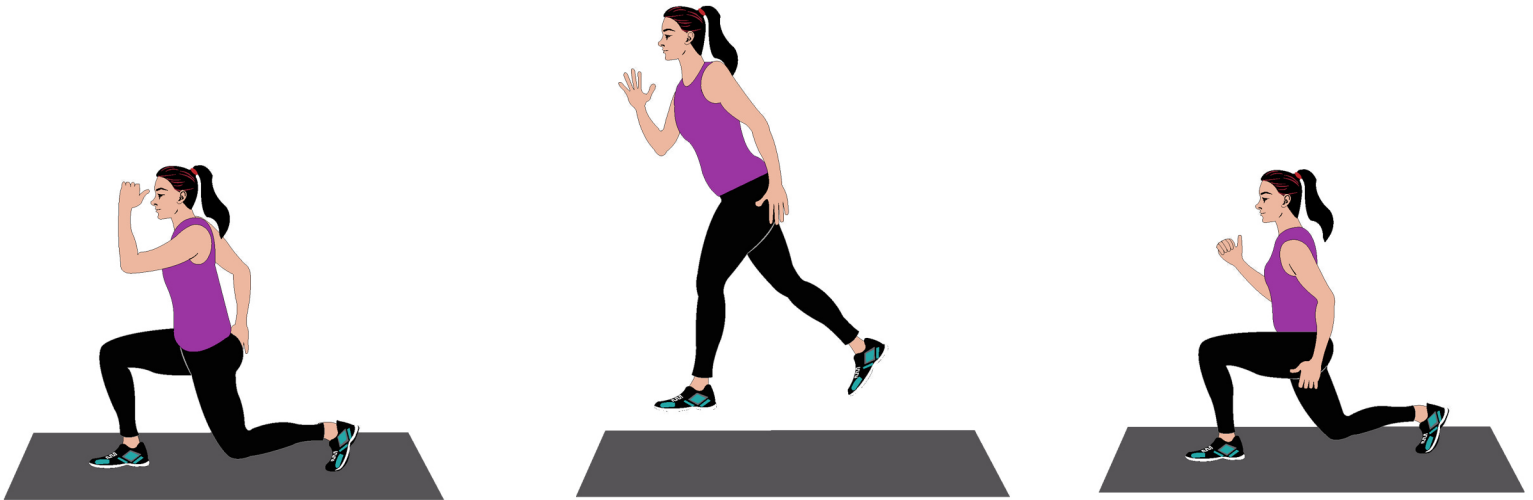
make it harder:

Increase pace of jack-jumping feet in and out as quickly as possible while maintaining a strong core and straight plank position.



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SPLIT JUMPS



HOW TO DO IT:

- 1 Take a large step backwards with your left foot and lower your body towards the floor into a reverse lunge. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Keep your front, right knee behind your toes.
- 2 With your core engaged, explode up, pushing off the bottoms of both feet jumping straight up. Switch the position of your feet in midair, landing in a low lunge position this time with your right foot back and your left foot forward.
- 3 Without rest, repeat this movement alternating legs as you jump. Make sure your back leg is bent directly underneath your body and your front leg is bent at 90 degrees at the knee and hip.

make it easier:

Skip the jump and perform alternating front lunges.

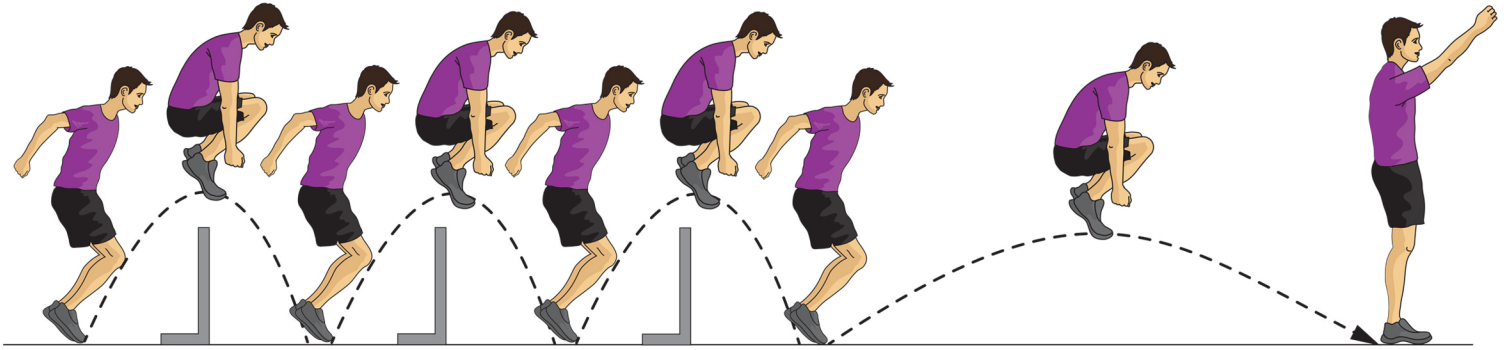
make it harder:

Challenge yourself to jump as high as you possibly can between each split jump.



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QUICK JUMPS TO LONG JUMP



HOW TO DO IT:

- 1 Position three cones or hurdles in a row 3 feet apart.
- 2 Stand in front of the first cone and quickly hop over each cone with two feet together, bringing legs up into a tuck jump as you pass over each cone.
- 3 After clearing the final cone, perform a final (4th) jump for distance.
- 4 Walk back to first cone and repeat exercise.

make it easier:

Instead of a cone or hurdle, place a flat marker on the ground to jump over.

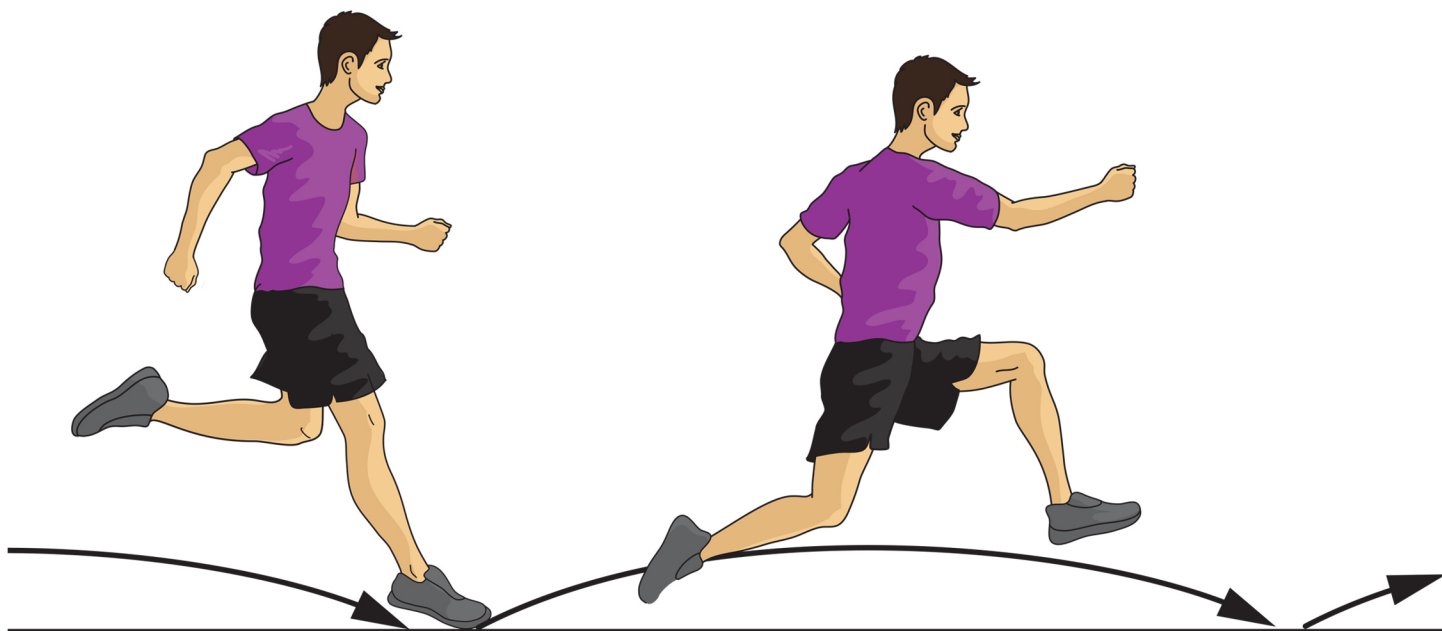
make it harder:

Complete the three cone jumps as quickly as possible and extend final "long jump" as long as possible, try to improve final jump distance covered each time.



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BOUNDING FOR DISTANCE



HOW TO DO IT:

- 1 Take 10 bounding strides, emphasizing distance.
- 2 Turn around.
- 3 Repeat.

make it easier:

Shorten length of stride.

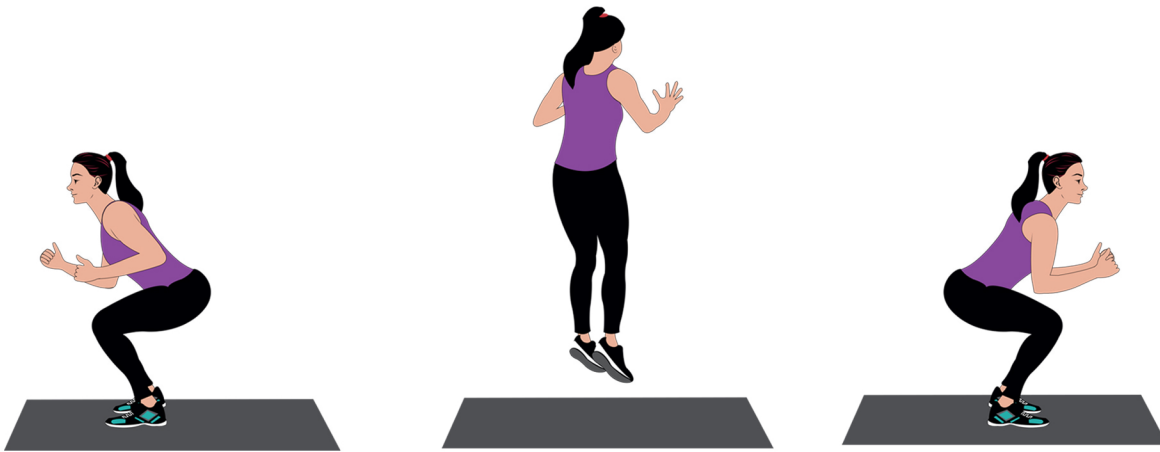
make it harder:

Lengthen bounding steps.



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180 SPIDERMAN JUMPS



HOW TO DO IT:

- 1** Begin in neutral standing position, feet shoulder width distance apart, arms bent at your sides at 90 degrees.
- 2** Lower down into a squat position, pushing your hips back till your hips align with your knees.
- 3** Then explode up, turning to your right. Perform a 180 degree jump and turn — turn your head, neck and shoulder towards the right.
- 4** Land softly on your feet returning to the bottom squat position, facing the opposite direction.
- 5** Repeat this 180 degree jumping movement going toward the left to return to your starting position.

make it easier:

Eliminate the 180 degree jump by performing a squat with your feet remaining on the ground. When you get to the top of the squat pivot on your right foot 180 degrees. Repeat this movement pivoting 180 degrees each repetition.

make it harder:

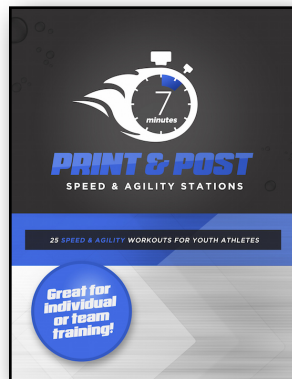
Get as low in the starting squat position as possible and gain as much air as possible. Do not take rest between jumps, but move directly into the next repetition.

Like this Workout Format?

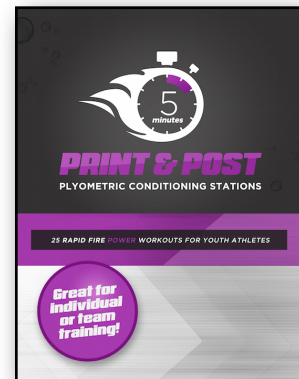
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