Plyometric exercises -

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| **Exercise** | **Explanation** | **Do Sec.** | **Rest Sec.s** | **Reps** | **Min. apx** |
| Jogging & Skipping | Jog. Low level skip, swinging arms forward and back. High knee skip. | 60 | 30 | 1 | 2 |
| Foot taps | Not on toes, on the ball of the foot – Like a skipping rope. Stay tall. | 20 | 20 | 2 | 6 |
| Quick feet/Sprinting  | On the spot | 10 | 10 | 3 | 4 |
| Skip over ankles | On the spot or moving –Keep Dorsal flex. i.e point the toe to your head. | 20 | 20 | 2 | 8 |
| Skip over calves | On the spot or moving. Stay tall. | 20 | 20 | 2 | 10 |
| High Knees | On the spot or moving | 10 | 20 | 2 | 12 |
| Karaoke | Run sideways, twisting arms and legs in opposite directions. | 20 | 20 | 1 | 15 |
| Ankle Jumps | Feet together. Jump though hips. Knees straight, arms tight but relaxed. | 10 | 20 | 2 | 16 |
| Tuck jumps | Bring knees up as high as possible to the front. | 10 | 30 | 1 | 17 |
| Heel to butt | Keep Dorsal flex. Stay tall. Try to kick your butt. | 10 | 20 | 2 | 19 |
| One legged side to side | Keep shape, keep tall. Jump from one leg to another. | 10 | 30 | 1 | 20 |
| Jumping Jacks | Clap to make it harder. | 20 | 20 | 2 | 24 |
| X-Jumps. | Like jumping jacks except forward and back rather than side. | 10 | 30 | 1 | 25 |
| Squat jumps | Hold a goblet. Drop down keeping knees over toes and drive up high. | 10 | 30 | 1 | 26 |
| Pass and shoot  | Like basket ball. Reach to the side and then jump – Do each side. | 20 | 20 | 4 | 28 |
| Lunge jumps | Lunge and then jump up. | 10 | 30 | 1 | 29 |
| Burpees |  | 10 | 30 | 1 | 32 |
| Box/Bench Jumps  | Up and Down. Keep dorsal flex. Land on ball of foot and drive up. | 10 | 30 | 2 | 33 |
| Skater jumps | Jump from leg to leg as if you were a skater on ice. | 10 | 30 | 1 | 34 |
| Ski jumps | Jump with both legs like as if you were skiing. | 10 | 30 | 1 | 35 |
| Mountain climbers | From plank, bring same side knee to elbow, or opposite elbow. | 10 | 30 | 2 | 37 |
| Plant tucks | From plank, jump and bring knees to elbows | 10 | 30 | 2 | 39 |
| Push offs the wall | Like press-ups – Build in a clap | 20 | 20 | 1 | 40 |
| Fast arms | Standing then sitting | 20 | 20 | 2 | 42 |
| Bounding for height | Land on front of foot. No heel to ground. Drive off. 5 jumps. |  |  | 3 | 44 |
| Bounding for distance | As above. 5 jumps in succession and jog out of it. |  |  | 3 | 46 |