

Plyometrics Primer: Level 2

Complete 1 round of this circuit before your workout to prime your lower body for explosive movements. Optional: complete 2 to 3 rounds as a stand-alone workout.

BW Explosive Step-up

- 8-10 reps each leg
- Push off box explosively, switching legs mid-air
- Land with opposite foot on box
- Jump as high as possible each rep
- Rest 60 sec before BW Broad Jump



BW Broad Jump

- 8-10 reps
- Hinge hips and pull arms back to load for jump
- Jump as far forward as possible each rep
- Reset position between reps
- Rest 60 sec before Ice Skaters



Ice Skaters

- 8-10 reps each way
- Jump laterally as far as possible each rep
- Immediately begin next rep upon landing
- Rest 60 sec before Vertical Jump



Vertical Jump

- 6-8 reps
- Hinge hips and pull arms back to load for jump
- Jump as high as possible each rep
- Reset position between reps
- Rest 90 sec before starting next round, if using as stand-alone workout

