

XLathlete.com

Plyometric Workout For Sport 1

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Prior to starting this plyometric program it is recommended that you warm up using a [Complete Dynamic Warm Up](#) or [Complete Hurdle Warm Up](#)

Choose Your Level	
Level 1	Level 2
2 Sets of 3 Reps	2 Sets of 5 Reps

1) [Squat Jump Pause](#)

20 – 30 Seconds Rest Between Sets

2) [Tuck Jump](#)

20 – 30 Seconds Rest Between Sets

3) [Power Step Up](#)

20 – 30 Seconds Rest Between Sets

4) [Relaxed Box Jump](#)

20 – 30 Seconds Rest Between Sets

5) [Speed Skater For Distance](#)

20 – 30 Seconds Rest Between Sets

*These can be performed with or without the boxes (on the ground)

