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## Plyometric workout for Sport

**Guidelines for training your needs of the following two workouts.**

In-season guidelines - keep sets between 1 and 3 sets with high quality rest after each set , the duration should be below 15 seconds, the rest after each exercise should keep the quality high 20 to 60 seconds

Out of-season guidelines for power and speed - keep sets between 4 and 6 sets with high quality rest after each set(90s to 5minutes), the duration should be below 15 seconds, the rest after each exercise should keep the quality high 20 to 60 seconds

| Sets                | 1     | 2     | 3     | 4     |
|---------------------|-------|-------|-------|-------|
|                     | 5     | 6     | 7     | 8     |
| Rest After Set      | 30s   | 60s   | 90s   | 2 min |
|                     | 3 min | 4 min | 5 min | 6 min |
| Duration of Set     | 7 S   | 10s   | 15s   | 20s   |
|                     | 25s   | 30s   | 35s   | 40s   |
| Rest After Exercise | 10s   | 15s   | 20s   | 25s   |
|                     | 30s   | 40s   | 50s   | 60s   |

### Workout One

[Tuck Jump](#)

[Half Squat Jump With Weight](#)

[Power Step Up](#)

[Reactive Box Drop Lunge Jump](#)

[Speed Cycle Jump Lunge](#)

[Lunge OC Hops](#)

| Sets                | 1     | 2     | 3     | 4     |
|---------------------|-------|-------|-------|-------|
|                     | 5     | 6     | 7     | 8     |
| Rest After Set      | 30s   | 60s   | 90s   | 2 min |
|                     | 3 min | 4 min | 5 min | 6 min |
| Duration of Set     | 7 S   | 10s   | 15s   | 20s   |
|                     | 25s   | 30s   | 35s   | 40s   |
| Rest After Exercise | 10s   | 15s   | 20s   | 25s   |
|                     | 30s   | 40s   | 50s   | 60s   |

### Workout Two

[Squat Drop Jump](#)

[Half Squat Jump With Weight](#)

[Power Step Up](#)

[Speed Switch Jump Lunge](#)

[Cross Over Run for Height](#)

[Lunge OC Hops](#)

**Strength Training Clinics**



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