

Plyometrics Primer: Level 1

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 Squat Jump

- 10-12 reps
- Explode out of squat, throwing arms up
- Jump as high as possible each rep
- Rest 60 sec before BW Split Jump



BW Split Jump

- 8-10 reps each way
- Explode out of lunge, switching legs mid-air
- Immediately begin next rep upon landing
- Jump as high as possible each rep
- Rest 60 sec before BW Box Jump



BW Box Jump

- 8-10 reps
- Swing both arms forward and up
- Land softly with both feet on box
- Step down feet one at a time
- Rest 60 sec before Explosive Lateral Step-up



Explosive Lateral Step-up

- 6-8 reps each side
- Push off box to jump up and over
- Immediately begin next rep upon landing
- Jump as high as possible each rep
- Rest 90 sec before starting next round, if using as stand-alone workout

