



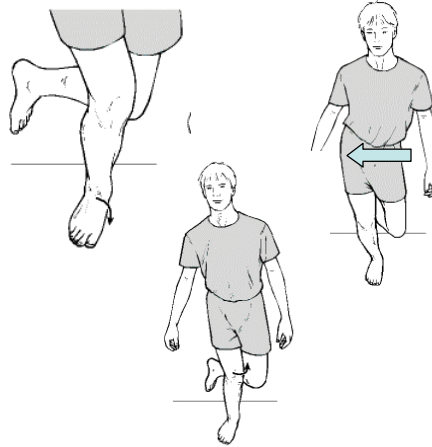
Plyometrics

Plyometrics

- Spring up
- Soft landing
- Minimize ground contact time
- Maximize distance jumped
- Trains stability, power & quickness

Watch your form on landing

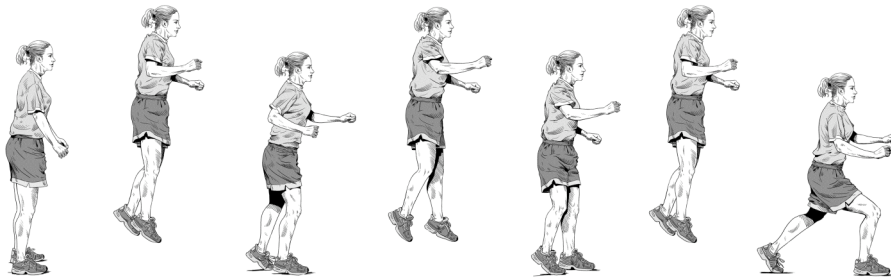
- Your arch should not collapse
- Your knee should stay over your foot
- Your hips & shoulders should stay level



Vertical Jumps into Squat



Scissor Lunges



Transverse Plane: 180° Squats

