

IN HOME WORKOUT PROGRAM - Day 1 (Plyos & Form)

Group 1 (Jump Mechanics) - Complete 3 sets w/ 90 second break in between

Seated Butt Hops	10
Kneeling Jumps	6
Quick Load	10
Squat Jump - Emphasis: Max Height	6

Group 2 (Deceleration) - Complete 3 sets w/ 90 second break in between

RDL - Jump	8 Each Side
Forward Leap + Hold	8 Each Side
Lateral Leap + Hold	8 Each Side
10 Second Straight Leg Glute Hold	4
Forward Plank Hip Dips	8

Group 3 (Lateral Movement) - Complete 6 sets w/ 40 second break in between

Lateral Line Jump (Left)	20 sec
Lateral Line Jump (Right)	20 sec
Side Shuffle (Speed)	X 8/direction (6 foot distance)

Group 4 (Jumping) - Complete 8 sets w/ 40 second break in between

180 Degree Jump Squats	6/direction
Squat Jump (Emphasis: Landing Loaded)	X 6
Reverse Jump	8
Single Leg Glute Bridge	10 Each Side
