Plyometrics Workout (Jump Training)

(Think Like a Cat…..Land Soft) (Engage your Core…..Make it Firm)

**10 Minute Warm-Up**

**Read thru…understand and practice each exercise so you can do this for 10 Minutes straight**

1:30 March in Place

:45 Regular………..Fairly High Knees……Swing Arms like Pistons

:45 Now Point Toes Out………..Hands Flat Out in front at waist level……Knees Hit Hands

1:00 Run in Place………….Remember Arm Swing

:30 Knees Down….Heels Up …..pretend you show the flat of your shoe to someone behind you (not quite a butt kick….that would be too far)

1:00 Combo………..Switch between Mini’s and Tire Hops every :15 Seconds………..Land Soft

* Mini Mother Catherines……Lunges with a Bounce (Knee bounce…feet do not leave floor)
  + One leg in front of the other….feet forward start in a lunge position……Spring into air and switch Legs/Feet
  + Land softly….give a soft knee bounce with feet on the floor……repeat.
* Tire Hops………….pretend you have 2 Tires….Bounce 1 foot Side to Side……Hesitate…Land on Balls of Feet

1:30 2 Step Lunges……Back Leg Pretty Straight…..Front Knee not over 90 Degrees

* Take 2 Steps….Get down(Lunge Forward)…….come up (1st Step)….Get down….Come up…..Turn…..Go Back

That’s 5:30…..next continue

30 Deep Prayer Squats……… Works Buttocks and Hamstrings

* Get toes pointed out ……knees should track over toes
* Hands together in Prayer
* Squat Down Deep….Hands Together and Elbows almost Touch Knees
* As you go back up…..Arms go up and out as in V Celebration….feet do not leave the floor

:30 Quad Stretch………Can Use Chair/table for Balance (the hand not pulling up can be rested for balance)

* Pull up One Foot to butt….Pelvis Forward…use hand to pull toes up so you feel the stretch in your quads
* Hold for :15….Switch
* Make sure you feel the stretch in your quads.

1:00 Leg Hamstring ………..:30 Each Side………Square your Hips

* Start with Right Leg Forward….Left Leg Back……Drive Forward Hip Down to get hands down
  + Make sure both feet are **Flat on Floor**
  + Left (Back)Toe pointed Slightly Out for Balance
  + Extend Arms Up high overhead….Come down in Sweeping Motion to Touch by Sides of Front Foot like a big sweeping circle.
  + Front Leg Must Be Straight……Hands up on Shins if need be to keep leg straight

**That completes the warm-up….should have taken 10 Minutes…..get a water break**