



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Plyometric and Balance

(Advanced)

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(Advanced)



Forward & Backward Line Hop



Side to Side line hop



Burpee



Jump Rope



Squat Jump

WARM-UP:

20 reps: Lunges (10 each leg)

10 reps: Squats

30 sec: High Knees

15 reps: Jumping Jacks

30 sec: Mountain Climbers

20 reps: Windmills (10 each side)

20 reps: Forward Kicks (10 each leg)

60 sec: Arm Circles (Forward & Backwards 30 sec)

POLYMETRIC EXERCISES: Repeat 2-3X

30 sec: Forward and Backward Line hops

10 reps: Tuck Jumps

30 sec: Side to Side line hops

10 reps: Burpees

30 sec: Jump Roping

10 reps: Squat Jumps

BALANCE EXERCISES: Repeat 2-3X

30 sec: Single Leg Stance, eyes open

30 sec: Single Leg Stance, eyes closed

30 sec: Double Leg Stance on balance disc

30 sec: Single Leg Stance on balance disc

30 sec: Double Leg Stance on balance disc, eyes closed

30 sec: Single Leg Stance on balance disc, eyes closed

30 sec: Double Leg Stance on BOSU ball

30 sec: Single Leg Stance on BOSU ball

COOL-DOWN/FLEXIBILITY:

Glute Stretch

Torso Stretch

Calf Stretch

Butterfly Stretch

Hamstring Toe Touch Stretch

Arm Stretches

Oblique Side Stretch

Cat-Cow Stretch

Quadriceps Stretch