



## *MONDAY WORKOUT*

### PLYOMETRIC EXERCISES

Superset (1,2,3) - 3x through

- 1) **LUNGES** – 10 each leg – Keep your chest up as you lunge forward and push off with your heel
- 2) **SQUAT JUMP** – 10 jumps - Soft landing and EXPLODE as high as you can, bend your knees as you land
- 3) **SKATER JUMP** – 10 each leg - Controlled landing on a single foot and EXPLODE as far as you can to the other foot

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#### NOTE:

If you want to increase intensity, find a vest or backpack to put weight in or hold the weight to your chest.

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Superset (4,5,6) - 3x through

- 4) **BODYWEIGHT SQUATS** – 10 jumps – Try to get as low and deep as possible, don't let your chest fall forward too much
- 5) **LUNGE JUMPS** – 10 each leg – EXPLODE as high as you can while you switch legs in the middle of the air, land SMOOTHLY
- 6) **LONG JUMP** – 10 jumps - EXPLODE as high and as far as you can with a soft landing while bending your knees

## QUICK FEET EXERCISES

- 1) **2 FEET, FRONT TO BACK** – 20 seconds – Jump over a small line, front to back, on the balls of your feet. Don't let your heels touch, go quick!
- 2) **1 FOOT, FRONT TO BACK** – 15 seconds – Stay on the balls of your feet, go quick. After 15s, switch feet immediately.
- 3) **2 FEET, SIDE TO SIDE** – 20 seconds – Jump over a small line, side to side, on the balls of your feet, don't let your heels touch, go quick!
- 4) **1 FOOT, SIDE TO SIDE** – 15 seconds – Stay on the balls of your feet, go quick. After 15s, switch feet immediately.
- 5) **TUCK JUMPS** – 15 seconds – Stay on the balls of your feet, drive your knees to your chest, as high and as fast as you can every jump!
- 6) **IN & OUTS** – 25 seconds – This is a burner, as fast as you can bring your legs in together and spread them out, stay on the balls of your feet.

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### NOTE:

If you want to increase intensity, add time to each exercise.

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## SPRINTS

- 1) **10 yards** – 6 sets, 30 seconds rest in between
- 2) **20 yards** – 6 sets, 40 seconds rest in between
- 3) **30 yards** – 6 sets, 45 seconds rest in between
- 4) **50 yards** – 4 sets, 45 seconds rest in between
- 5) **100 yards** – 4 sets, 45 seconds rest in between
- 6) **300 yard SHUTTLE RUN** – 2 sets, 60 seconds rest in between  
Measure a 50 yard distance. Run over & back 6 times = 300 yards.

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### NOTES:

If you want to increase intensity, add sets OR shorten rest times and try to beat your times.

Sprint as fast as you can. Try to recover quickly during rest. Deep breaths to bring heartrate back down. Track your times.

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