



4 WEEK PLYOMETRIC & AGILITY PROGRAM

- Perform dynamic warmup 2-3 times prior to each workout
- Complete 2 rounds, 2x per week
- Perform cooldown

DYNAMIC WARMUP:

- 30 second squat pulse
- 8 alternating forward lunges (*4 each side*)
- 8 alternating reverse lunges (*4 each side*)
- 30 butt kicks
- Alternating single leg glute bridge (*6 each side*)

Week 1

Circuit 1	Circuit 2	Circuit 3
8 Broad Jumps	8 Burpee + Tuck Jump	Cone Jump Squat (<i>4 sets</i>)
20 Lateral Bounds	10 Lateral Step Shuffle + Vertical Jump	16 Burpee + Tuck Jump
10 Forward Cone Hops	50 High Knees	20 Jump Squats

Week 2

Circuit 1	Circuit 2	Circuit 3
20 Alternating Lunge Jumps	6 SL Hops + Lateral Bound (<i>right</i>)	2 Body Squats + Jump Squats (<i>x20</i>)
30 Jumping Jacks	6 SL Hops + Lateral Bound (<i>left</i>)	10 Lateral Cone Hops + Lateral Jumps
10 Plyo Push Ups	20 Tuck Jumps	15 Star Jumps

Week 3

Circuit 1	Circuit 2	Circuit 3
10 Kneel to Jump Squats	20 SL Forward/Back Hop (<i>right</i>)	15 Star Jumps
20 SL Lateral Hops (<i>right</i>)	20 SL Forward/Back Hop (<i>left</i>)	5 In & Out Squats (<i>3 sets</i>)
20 SL Lateral Hops (<i>left</i>)	8 Lateral Cone Hops + 2 Lateral Jumps	5 Lateral Shuffles (<i>3 sets</i>)

Week 4

Circuit 1	Circuit 2	Circuit 3
10 Kneel to Explosive Jump (<i>2 sets</i>)	20 Quick Feet + Vertical Jump (<i>3 sets</i>)	6 Vertical Jumps (<i>3 sets</i>)
6 In & Out Cones (<i>3 sets</i>)	15 Star Jumps	6 SL Hop + Lateral Bound (<i>right</i>)
20 Alternating Lunge Jumps	6 Push Up Burpees (<i>3 Sets</i>)	6 SL Hop + Lateral Bound (<i>left</i>)

SL = Single Leg

COOLDOWN:

- 30 Seconds
- Arm circles
- Walking quad stretch (*30 seconds each side*)
- Downward dog
- Hip flexors (*30 each side*)
- Ankle rotations (*30 on each side*)