

G^YNNERS

Progressive fitness



BEGINNERS PLYOMETRICS

- Single leg plate plyo
- Double leg vertical plyo
- Bulgarian split squat plyo
- V shape lateral plyo

10 reps each side for 3 rounds

1

KEY NOTE

Stay on the balls of your feet.

2

KEY NOTE

Minimize ground contact time.

3

KEY NOTE

Aim to do this program for 3 to 4 weeks before progressing to a more advanced level.



Tip 1
For beginners
incorporate 1-2 x/
week



Tip 2
Aim for 80-100
contacts (jumps)
per session



Tip 3
Allow 48-72
hours between
each session