

PLYOMETRICS

The key to avoiding injury during any plyometrics exercise is to ensure proper takeoff and landing. This technique can best be achieved by leaping off the toes and landing softly and quietly on the balls of the feet. Think Catwoman/Spiderman, not Frankenstein. Also be sure to wear good shock-absorbing sneakers and work out on a surface that provides plenty of cushioning

WARM-UP AND STRETCH

[60 SECONDS] March in Place – Rotate legs out for the final 30 seconds.

[60 SECONDS] Run in Place – Heels to buttocks for final 30 seconds.

[60 SECONDS] Tires and Run Lunges – Low-impact variety

[90 SECONDS] Lunging Drills

[30 REPS] Deep Prayer Squats

REPEAT ALL ROUNDS TWICE BACK TO BACK

ROUND ONE:

JUMP SQUAT
RUN-STANCE SQUAT
AIRBORNE HEISMAN
SWING KICK [60 SEC]

ROUND TWO:

SQUAT REACH JUMP
RUN-STANCE SQUAT SWITCH PICK-UPS
DOUBLE AIRBORNE HEISMAN
SWING KICK [60 SEC]

ROUND THREE:

JUMP KNEE TUCK
MARY KATHERINE LUNGE
LEAPFROG SQUAT
TWIST COMBO [60 SEC]

ROUND FOUR:

ROCK STAR HOPS
GAP JUMP
SQUAT JACK
MILITARY MARCH [60 SEC]

ROUND FIVE:

RUN SQUAT 180 JUMP SWITCH
LATERAL LEAPFROG SQUAT
MONSTER TRUCK TIRE
HOT FOOT [60 SEC]

BONUS:

PITCH & CATCH [60 SEC]
JUMPE SHOT [60 SEC]
FOOTBALL HERO [60 SEC]

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COOL-DOWN AND STRETCH

[30 SECONDS] Easy Run in Place with Upper-Body Ballistic Huggers

[30 SECONDS] Easy Jump Rope

[30 SECONDS] Slow Marching with Low Kicks

Wide Leg Bent-Over Hamstring Stretch

Downward Dog with Calf Stretch

Cat Stretch

Quad Stretch

