

PM PLYOMORPH



WELCOME TO PHASE TWO



WARM UP SYSTEM

COMPLETE THESE STRETCHES AND MOVEMENTS AT THE START OF YOUR WORKOUTS!

[Click here to see video reference](#)

DYNAMIC STRETCHES:

KNEE HUG LUNGE AND TWIST

QUAD PULL TO SIDE LUNGES

HAMSTRING HIGH KICK TO REACH

OPEN AND CLOSE THE GATES

WORLDS GREATEST STRETCH

INCH WORMS

DYNANMIC MOVEMENTS :

HIGH KNEES

BUTT KICKS

SKIP FOR HEIGHT

SKIP FOR DISTANCE

SIDE SHUFFLE

SPRINT TO BACK PEDAL

PHASE : TWO

DAY : ONE

WEEK : 1 - 3



DOUBLE LEG PLYOMETRICS					
	VIDEO	WEEK	SETS	REPS – EACH SIDE	REST TIME
LATERAL BOX JUMP	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	4	
		3	3	5	
	VIDEO	WEEK	SETS	REPS	REST TIME
SEATED VERTICAL JUMP	VIDEO REFERENCE	1	3	5	60-90 SECONDS
		2	3	5	
		3	3	5	
	VIDEO	WEEK	SETS	REPS – EACH DIRECTION	REST TIME
HURDLE JUMPS W/ BOUNCE BETWEEN	VIDEO REFERENCE	1	3	4	60-90 SECONDS
		2	3	4	
		3	3	4	
SINGLE LEG PLYOMETRICS					
	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
LINEAR HOPS	VIDEO REFERENCE	1	3	8	30-45 SECONDS
		2	3	8	
		3	3	8	
	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
ROTATIONAL BOX JUMP LAND ON TWO FEET	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	4	
		3	3	5	
	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
BROAD HOP TO LATERAL PUSH OFF LAND ON TWO FEET	VIDEO REFERENCE	1	3	3	45-60 SECONDS
		2	3	4	
		3	3	5	

PHASE : TWO

DAY : TWO

WEEK : 1 - 3



DOUBLE LEG PLYOMETRICS					
BOX JUMP	VIDEO	WEEK	SETS	REPS	REST TIME
	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	4	
		3	3	5	
ROTATIONAL BROAD JUMP	VIDEO	WEEK	SETS	REPS – EACH WAY	REST TIME
	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	3	
		3	3	3	
LATERAL HURDLE JUMPS W/ BOUNCE BETWEEN	VIDEO	WEEK	SETS	REPS – EACH WAY	REST TIME
	VIDEO REFERENCE	1	3	8	60-90 SECONDS
		2	3	8	
		3	3	8	
SINGLE LEG PLYOMETRICS					
REACTIVE SKATERS	VIDEO	WEEK	SETS	REPS – TOTAL	REST TIME
	VIDEO REFERENCE	1	3	10	60-90 SECONDS
		2	3	10	
		3	3	10	
BUTT KICK BENCH CYCLES	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	6	60-90 SECONDS
		2	3	8	
		3	3	10	
HURDLE HOP TO BROAD HOP	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	3	45-60 SECONDS
		2	3	4	
		3	3	5	

PHASE : TWO

DAY : THREE

WEEK : 1 - 3



DOUBLE LEG PLYOMETRICS					
	VIDEO	WEEK	SETS	REPS – EACH WAY	REST TIME
ROTATIONAL BOX JUMP	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	3	
		3	3	3	
DEPTH JUMPS	VIDEO REFERENCE	WEEK	SETS	REPS	REST TIME
		1	3	5	120-180 SECONDS
		2	3	5	
3	3	5			
BOUNDS	VIDEO REFERENCE	WEEK	SETS	REPS	REST TIME
		1	3	3	90-120 SECONDS
		2	3	4	
3	3	5			
SINGLE LEG PLYOMETRICS					
	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
POWERFUL STEP PUSH OFFS	VIDEO REFERENCE	1	3	6	60-90 SECONDS
		2	3	6	
		3	3	6	
LATERAL BOX JUMP	VIDEO REFERENCE	WEEK	SETS	REPS – EACH LEG	REST TIME
		1	3	3	90-120 SECONDS
		2	3	4	
3	3	5			
90° HOPS (180° HOPS)	VIDEO REFERENCE	WEEK	SETS	REPS – EACH LEG	REST TIME
		1	3	5	45-60 SECONDS
		2	3	5	
3	3	5			