

PM PLYOMORPH



WELCOME TO PHASE THREE



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

DYANMIC MOVEMENTS :

HIGH KNEES

BUTT KICKS

SKIP FOR HEIGHT

SKIP FOR DISTANCE

SIDE SHUFFLE

SPRINT TO BACK PEDAL

PHASE : THREE

DAY : ONE

WEEK : 1 - 3



DOUBLE LEG PLYOMETRICS					
REACTIVE BOX JUMP – 18-32 INCHES	VIDEO VIDEO REFERENCE	WEEK	SETS	REPS – TOTAL	REST TIME
		1	3	5	90-120 SECONDS
		2	3	5	
		3	3	5	
LATERAL TAP JUMPS	VIDEO VIDEO REFERENCE	WEEK	SETS	REPS	REST TIME
		1	3	10	60-90 SECONDS
		2	3	10	
		3	3	12	
BROAD TO VERTICAL JUMP	VIDEO VIDEO REFERENCE	WEEK	SETS	REPS	REST TIME
		1	3	3	90-120 SECONDS
		2	3	4	
		3	3	5	
SINGLE LEG PLYOMETRICS					
SINGLE LEG ROTATIONAL BOX JUMP – LAND ON ONE FOOT	VIDEO VIDEO REFERENCE	WEEK	SETS	REPS – EACH LEG	REST TIME
		1	3	3	45-60 SECONDS
		2	3	3	
		3	3	3	
REACTIVE SKATER JUMPS	VIDEO VIDEO REFERENCE	WEEK	SETS	REPS – TOTAL	REST TIME
		1	3	8	90-120 SECONDS
		2	3	10	
		3	3	12	
SINGLE LEG RDL TUCK JUMP	VIDEO VIDEO REFERENCE	WEEK	SETS	REPS – EACH LEG	REST TIME
		1	3	3	45-60 SECONDS
		2	3	4	
		3	3	5	

PHASE : THREE

DAY : TWO

WEEK : 1 - 3



DOUBLE LEG PLYOMETRICS					
LINEAR HURDLE JUMP TO ROTATIONAL BOX JUMP	VIDEO	WEEK	SETS	REPS	REST TIME
	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	4	
		3	3	5	
DUMBBELL WEIGHTED JUMPS	VIDEO	WEEK	SETS	REPS	REST TIME
	VIDEO REFERENCE	1	3	5	120 SECONDS
		2	3	5	
		3	3	5	
REACTIVE TUCK JUMPS	VIDEO	WEEK	SETS	REPS	REST TIME
	VIDEO REFERENCE	1	3	6	60-90 SECONDS
		2	3	8	
		3	3	10	
SINGLE LEG PLYOMETRICS					
SINGLE LEG LATERAL BOX JUMP – LAND ON ONE	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	5	45-60 SECONDS
		2	3	5	
		3	3	5	
REACTIVE SL BUTT KICK	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	6	45-60 SECONDS
		2	3	8	
		3	3	8	
MULTI DIRECTIONAL HOPS	VIDEO	WEEK	SETS	CYCLES – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	5	45-60 SECONDS
		2	3	5	
		3	3	5	

PHASE : THREE

DAY : THREE

WEEK : 1 - 3



DOUBLE LEG PLYOMETRICS					
DEPTH BOX JUMP	VIDEO	WEEK	SETS	REPS – TOTAL	REST TIME
	VIDEO REFERENCE	1	3	5	120 SECONDS
		2	3	5	
		3	3	5	
ROTATIONAL BROAD JUMP	VIDEO	WEEK	SETS	REPS – EACH WAY	REST TIME
	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	4	
		3	3	5	
DUMBBELL APPROACH JUMP	VIDEO	WEEK	SETS	REPS – EACH START	REST TIME
	VIDEO REFERENCE	1	3	3	90-120 SECONDS
		2	3	4	
		3	3	5	
SINGLE LEG PLYOMETRICS					
SINGLE LEG BOX JUMP – LAND ON ONE	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	5	90-120 SECONDS
		2	3	5	
		3	3	5	
REACTIVE SKATER BOUNDS	VIDEO	WEEK	SETS	REPS – TOTAL	REST TIME
	VIDEO REFERENCE	1	3	8	45-60 SECONDS
		2	3	10	
		3	3	12	
POWER SKIPS	VIDEO	WEEK	SETS	REPS – EACH LEG	REST TIME
	VIDEO REFERENCE	1	3	5	45-60 SECONDS
		2	3	5	
		3	3	5	