

Sets, reps, and rest. Perform all of the exercises listed below. With each exercise, 3 sets of 10 reps with 1 minute rest in-between sets. In-between exercises rest for 3 minutes.

Exercises

Squat Jumps. Stand with your feet shoulder width apart. Squat down and jump as high as possible. Upon landing, squat and immediately jump up again.

Lateral Jumps. Stand next to a cone or another object that you can jump over. Jump sideways to the opposite side of the cone. Upon landing, immediately jump to the other side. Remember to make the jumps as quickly as possible. Do Both SIDE TO SIDE and Front and Back

Power Skipping. Remember skipping as a kid? Well, you're going to do it again, but this time you'll put a bit more oomph into it. Perform a regular skip, but jump and lift your knee as high as you can.

Tuck Jumps. Stand with your feet shoulder width apart. Explode and jump as high as you can. As you rise, pull your knees into your chest. On the way down, straighten your legs and land softly on the balls of your feet. As soon as your feet touch the ground, perform another tuck jump.

Easy Alternate Leg Bounding. Bounding is sort of like running, except your steps are longer and higher. Drive off your right foot and bring your left knee up. Try to stay in the air as long as possible. Land on your left foot and repeat with the right foot.

Plyometric Push-up. Assume a normal push-up position. Lower yourself to the floor. With explosive force, push off the floor with enough force that your hands leave the floor. Repeat.