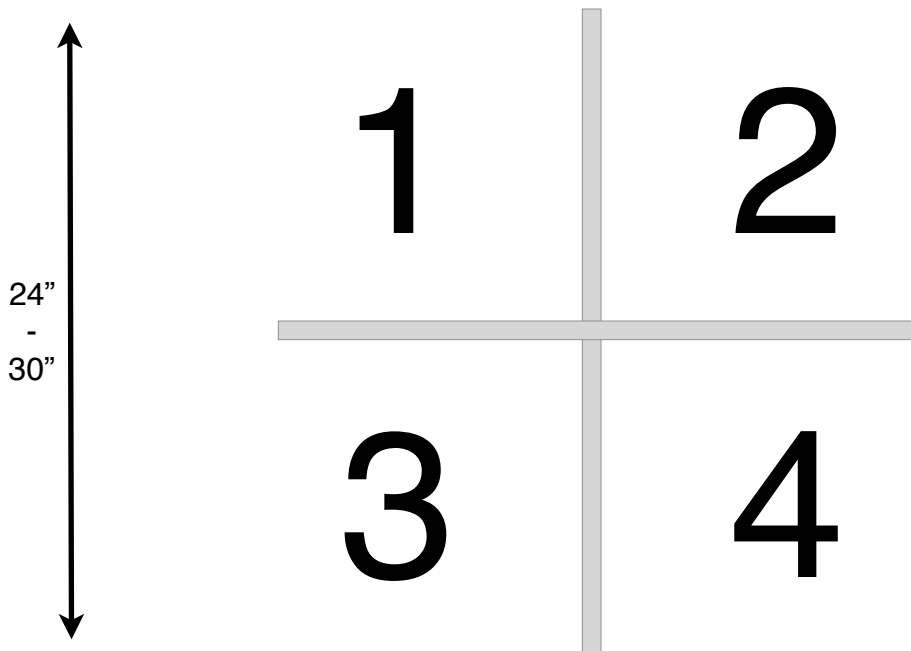


## Simple, small space Plyometric Exercises

*The goal of these exercises is to improve quickness / “explosive speed”.*

*Mark out a simple 4 square grid 24” to 30” on both dimensions, depending on your height.*



- 1) **“High knees”**. Four times around the square, (1 to 2 to 4 to 3) jumping as high as you can get your knees. Bounce one time between high knee jumps.

*jog in place for :20*

- 2) **“One foot jumps”**. Start standing on one foot, then jump diagonally (1 to 4 to 2 to 3 to 1) four times around the square. Repeat with the other foot.

*jog in place for :20*

- 3) **“Backwards jumps”**. With one foot in each of 1 and 2, jump backward to 3 and 4. Then jump to turn around, and jump backwards from 3 and 4 to 1 and 2. 10 times through entire cycle.

*jog in place for :20*

Repeat the entire sequence 3 more times. Do this twice a week (no more).