



Plyometric Exercises

Low Intensity	Medium Intensity	High Intensity
- Line Jumps	- Pike Jump	- Double Leg Vertical
- Line Hops	- Tuck Jump	Power Jump
- Squat Jump	- Standing Triple Jump	- Single Leg Vertical
- Split Squat Jump	- Standing Long Jump	Power Jump
- Cycled Split Squat	- Double Leg Zig-Zag Hop	- Single Leg Tuck
Jump	- Single Leg Zig-Zag Hop	Jump
- Box Jump : Under 12"	- Alternate Leg Bound	- Depth Jump Landing
- Quick Foot Taps	- Box Jump 12" – 18"	- Box Jump : Over 18"
- Lateral Box Touches	- Lateral Box Jump : 18-	- Reactive Jump
	- Single Leg Box Jump	- Off & Up
		- Off & Sprint
		- Off & On
		- Lateral Box Jump : 18+