



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Plyometric and Balance #2

(Advanced)

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Lunges



High Knees



Vertical Jump



Mountain Climbers



Jump Rope



Leg Stance



Leg Stance on BOSU

WARM-UP:

20 reps: Lunges (10 each leg)

10 reps: Squats

30 sec: High Knees

15 reps: Jumping Jacks

30 sec: Mountain Climbers

20 reps: Windmills (10 each leg)

20 reps: Forward Kicks (10 each leg)

60 sec: Arm Circles (Forward & Backwards 30 sec)

POLYMETRIC EXERCISES: Repeat 2X

30 sec: Shuffle (4 to the right, 4 to the left)

8 reps: Vertical Jumps

30 sec: Stairs

12 reps: Mountain Climbers

30 sec: Jump Roping

12 reps: Split Jumps

BALANCE EXERCISES: Repeat 2X

30 sec: Single Leg Stance, eyes open

30 sec: Single Leg Stance, eyes closed

30 sec: Double Leg Stance on balance board, eyes open

30 sec: Double Leg Stance on balance board, eyes closed

30 sec: Double Leg Stance on BOSU ball

30 sec: Single Leg Stance on BOSU ball

30 sec: Double Leg Stance on BOSU ball, eyes closed

30 sec: Single Leg Stance on BOSU ball, eyes closed

COOL-DOWN/FLEXIBILITY:

Glute Stretch

Torso Stretch

Calf Stretch

Butterfly Stretch

Hamstring Toe Touch Stretch

Arm Stretches

Oblique Side Stretch

Cat-Cow Stretch

Quadriceps Stretch