

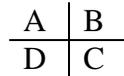
Ground Based Plyometric Workout
CFL Seminar

Warm Up (10 min) –

Level 1, 2, or 3 Dynamic warm-up
40 yd low side shuffle
40 yd regular side shuffle
40 yd cariocoa
40 yd forward
40 yd backpedal

Workout (25-30min) –

4 square, A-B (20 sec) x2
4 square, A-D (20 sec) x2
4 square, A-C (20 sec) x2
4 square, D-B (20 sec) x2
4 square, A-B single leg (10 sec) – alternate legs
4 square, A-D single leg (10 sec) – alternate legs
4 square, A-C single leg (10 sec) – alternate legs
4 square, D-B single leg (10 sec) – alternate legs



Plank 1 min
Inchworm with pushup, 20 yd
Single leg 5inch jump (10 sec) – 10 reps each leg
Double leg 5-10 inch jump (20 sec), 2x20 reps
Side to side, 5-10 inch, 2x20 reps

Plank 1 min
Spiderman, 20 yd
Split leg 5-10 inch, 2x20 reps
Plyojump 5-10 inch with turn, 2x20 reps
Pushup Plyo 2x20 reps, wall, table, bench, knees, regular
Plank 1 min

Agility ladder (time permitting)

Cool down (5 min) –

800 meters easy run

Stretching (10 min) –

Emphasis on lower body

***Plyometrics should be performed on grass/dirt or wooden gym floor. Do not perform on concrete.