

LOWER BODY ATHLETE TRAINING SESSION

BNF

PLYOMETRIC PHASE

A1: REACTIVE LATERAL BROAD JUMP + PUSH OUT

Tip: Stab the ground and then go

B1: REACTIVE FORWARD BROAD JUMP + PUSH OUT

(same as A1 but the starting position you face forward and not laterally)



STRENGTH

A1: TRAP BAR CONTINUOUS JUMPS 4X5

A2: BILATERAL BOUNDS 10M (2 SETS FOR HEIGHT / 2 SETS FOR DISTANCE)

Tip: tuck the knees

B1: BB BACK SQUAT WITH BANDS 5X3 (ACCOMODATING RESISTANCE)
(Tempo: 1;1;0)

B2: MEDICINE BALL SKATER JUMP WITH TOE REACH

C1: DB STEP UP 3X10

C2: DB RDL 3X8 (heavy)

C3: MONSTER WALK

D1: DB POGO JUMPS

