



TRIATHLON | SWIMMING | CYCLING | RUNNING | ST

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Plyometric Exercise – 1

Plyometric Workout

This is a jumping-based workout to improve your strength, coordination, and explosiveness, especially helpful for running.

Use a mat, firm ground, or any surface that absorbs shock (not on tiles or hard cement).

Warm-Up (10–15 mins):

Do light jogging, high knees, jumping jacks, and some dynamic stretches to prepare your body.

Main Workout (Do each movement carefully):

Take 45 seconds rest between each set.

1. Squat Jump (3 sets of 5 reps)
→ Sit into a squat, then jump up high and land gently.
2. Split Squat Jump (3 sets of 5 reps per leg)
→ One leg in front, one back (like a lunge). Jump and switch legs mid-air. Land softly.
3. Lateral Heiden (3 sets of 5 reps per side)
→ Jump sideways from one leg to the other like a speed skater.
4. Depth Jump (3 sets of 5 reps)
→ Step off a low platform or stair, land softly, and jump immediately upward.
5. Single Leg Hop (3 sets of 5 reps)
→ Hop on one leg forward and land softly. Switch legs each set.

Cool Down:

Walk for 2–3 minutes, stretch your legs, or do any light activity you enjoy to relax your muscles.

Important Tips:

- Always land softly (bend your knees)
- Keep your body balanced and controlled
- Focus on quality of each jump, not speed
- Let me know if you'd like this in a visual poster format too!

