

Name \_\_\_\_\_ period \_\_\_\_

### Plyometric Training Box Jumps Part 3

**Objective:**

The students will be able to perform Plyometric box jumps using free weights properly in order to be able to gain explosive movement concepts.

**Directions:**

- The movements should not be aerobic unless your workout is designed to be cardiovascular
- Use light free weights to increase the intensity of the plyo-box jumps.
- Do not use barbells to assure free and natural movement when performing each jump

**Task:**

After the instructor has demonstrated the exercises listed below, the students must perform the task in a number set of repetitions that are provided.

**Activity: Total Body**

Exercise	Muscle groups	Repetitions	Sets	Box Height/Weight	Instructor Signature
<b>Barbell Jump Squats</b>	Quads, Hamstring, Calves	10-15	3-4	NA/	
<b>Weighted Defensive Box Jumps</b>	Quads, Hamstring, Calves	10-15	3-4	/	
<b>Weighted Offensive Box Jumps</b>	Quads, Hamstring, Calves	10-15	3-4	/	
<b>Weighted Lateral Box Jumps (Offensive/Defensive)</b>	Quads, Hamstring, Calves, Abductors, Adductors	10-15	3-4	/	
<b>Weighted Single-leg Lateral Box Push Jumps</b>	Quads, Hamstring, Calves, Abductors, Adductors	10-15	3-4	/	

**Notes:**