Plyometrics at home

Pick and choose between these exercises. Complete 10 of individual exercises or 20 metres (if possible) of continuous exercises.

Try to avoid as much as possible doing these exercises onto concrete, if this isn’t possible then just ensure to be careful upon any landings, taking effort to be softer than usual

**Continuous exercises:**

1. bunny (small 2 footed) jumps – focus on flexed feet and good height
2. distance jumps – 2 footed jumps for distance
3. small single leg hops – make sure to do both right and left leg
4. speed single leg hops – larger, quicker hops with focus on quick foot recovery
5. high skips – focus on strong drive knee
6. bounds – should be slow, with long foot contact time on the ground

**Individual exercises:**

1. box jumps

* these can be done onto a step, bench, stable chair, any sort of stable flat surface that you can possibly find providing it is an appropriate height.
* Two footed standing jumps onto said surface
* Try to land in a strong position that you can hold for three seconds

1. step ups

* again, onto any flat surface you can find
* single leg step ups
* drive free leg through to a take off position to complete

1. drop and hold

* these can be combined with box jumps
* from a raised surface step (not jump) off onto the floor
* aim to hold a strong position (slighty bent knees, feet shoulder width apart, as upright as you can manage)

1. sideways drives

* stand sideways onto a raised surface
* place one foot flat onto the raised surface
* drive off this foot to jump into the air, aiming to create a strong take off position ( high knee, upright body, alternate arm driving upwards)
* land back with one foot on the raised surface

1. tuck jumps

* on a flat surface
* jump from two feet, bringing both legs into the chest before landing
* start with hands above your head, and aim to circle them into the chest on every jump

1. side to side

* these can either be done on a flat surface or over a low object
* complete a two footed jump sideways and then back again
* start off with holding the landing position before getting quicker

1. jump lunges

* start in a lunge position
* jump and switch sides to land in a lunge position on the other side
* repeat

1. jumps squats

* start in a basic squat position (feet slightly wider than hip width apart, knees bent, arms not touching the legs, back straight)
* jump as high as possible and land in the same position
* these should be focused on height not speed, the slower they are completed the more beneficial they are

1. split jumps

* start standing with reasonable space around you
* jump as high as possible, the aim is to be able to get your legs as close to a split position as is physically possible
* feel free to bend your legs as much as necessary
* land with feet together

**If you want to make any of these exercises slightly harder then add in some weight if you can (either with home gym equipment or filled water bottles etc**

**Additionally, if any of you own skipping ropes then a few minutes of skipping a day is a great way to develop plyometric ability and keep fit**