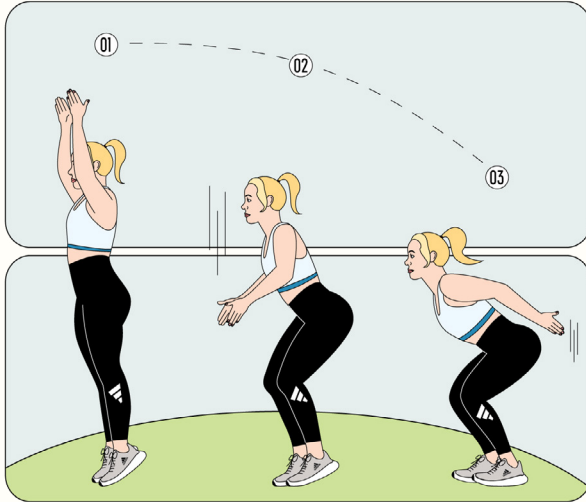


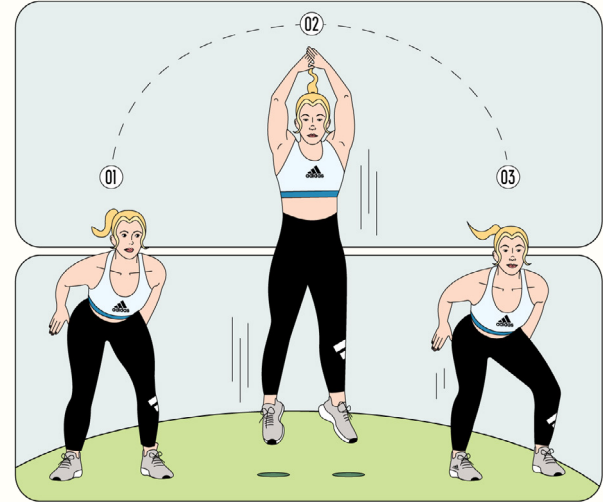
# PLYOMETRIC EXERCISES

## PLYOMETRIC JUMP 01 DROP SQUAT



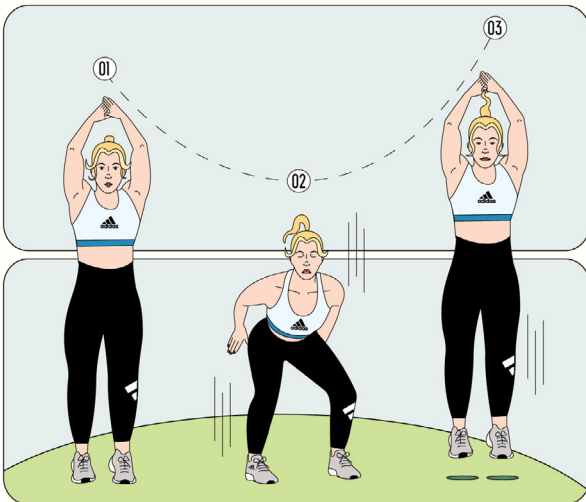
- 01 Begin standing on toes, arms overhead
- 02 Quickly drop into a quarter squat base position
- 03 Stand and repeat movement

## PLYOMETRIC JUMP 02 NON-COUNTERMOVEMENT LINEAR JUMP



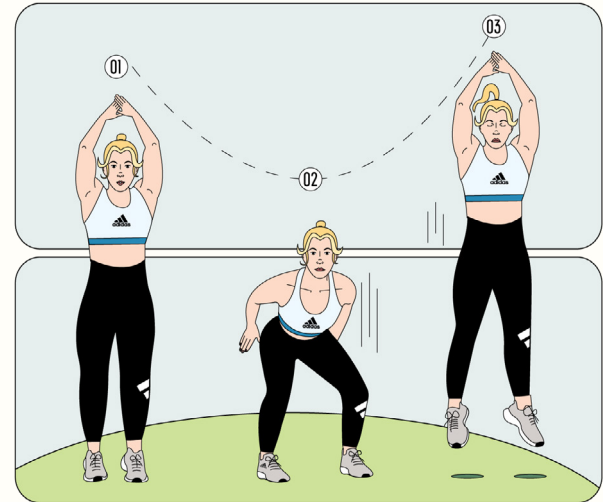
- 01 Hold base position for 3 seconds
- 02 Jump high, raising arms overhead
- 03 Drop into base position, arms behind you, hold for 3 seconds

## PLYOMETRIC JUMP 03 COUNTERMOVEMENT LINEAR JUMP



- 01 Stand on balls of feet, arms overhead
- 02 Drop into base position and jump high
- 03 Land in squat and return to start position

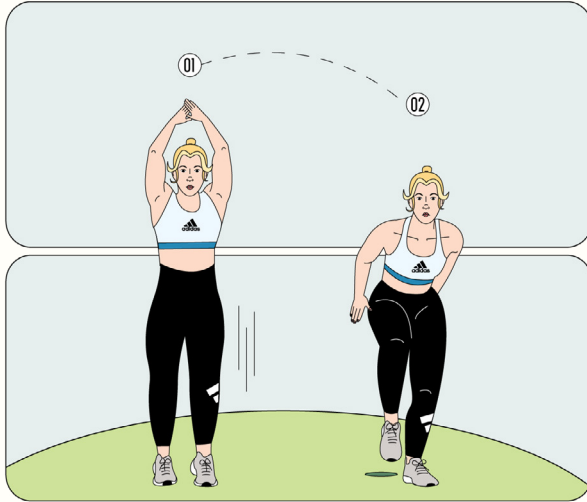
## PLYOMETRIC JUMP 04 CONTINUOUS LINEAR JUMP



- 01 Stand on balls of feet, arms overhead
- 02 Drop into a squat, then jump 3-5 times continuously
- 03 Focus on jumping high and landing softly

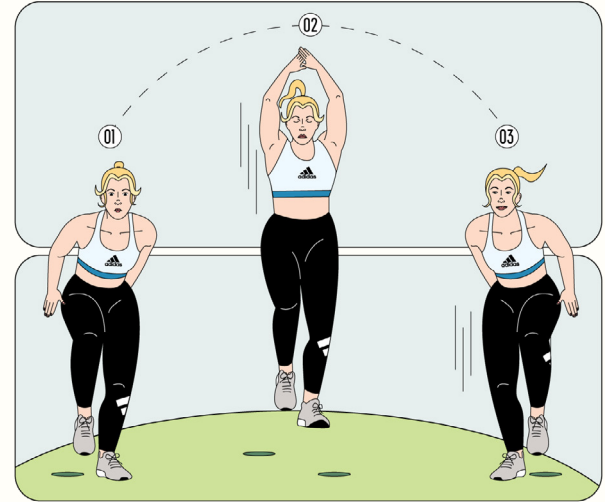
# PLYOMETRIC EXERCISES

## PLYOMETRIC BOUND 01 SINGLE-LEG DROP SQUAT



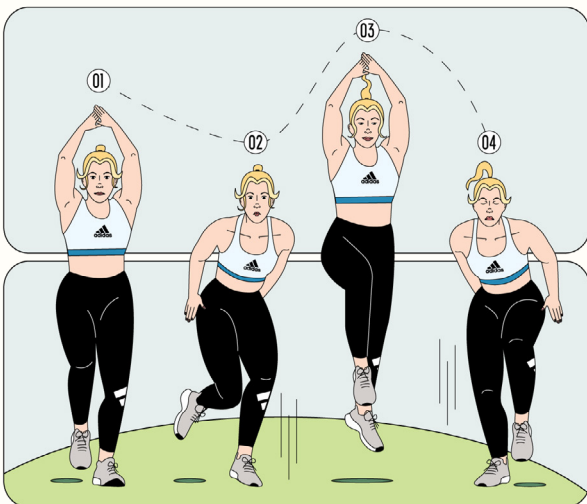
- 01 Stand tall on balls of feet, arms overhead
- 02 Transfer weight to land in a single-leg drop squat, hold single-leg base position for 3 seconds

## PLYOMETRIC BOUND 02 NON-COUNTERMOVEMENT LINEAR BOUND



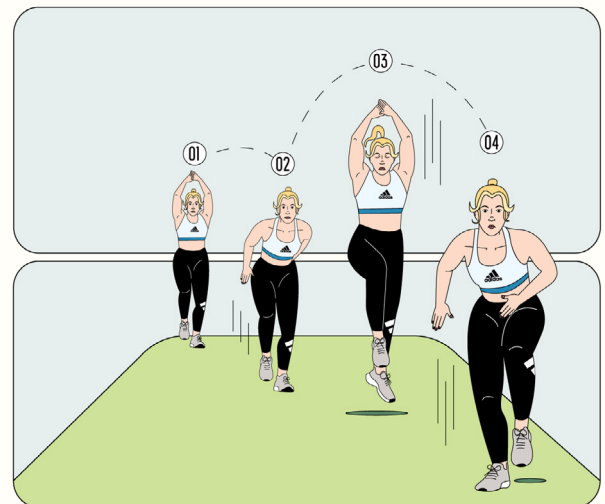
- 01 In single-leg base position, bound forward
- 02 Land on opposite foot, hold for 3 seconds
- 03 Repeat move, using arms and hips to add force

## PLYOMETRIC BOUND 03 COUNTERMOVEMENT LINEAR BOUND



- 01 Stand on one foot, arms overhead
- 02 Drop into single-leg squat with arms back
- 03 Leap into the air
- 04 Land on opposite foot, hold 3 seconds

## PLYOMETRIC BOUND 04 CONTINUOUS LINEAR BOUND



- 01 Stand on one foot, arms overhead
- 02 Drop into single-leg squat
- 03 Bound forward to opposite foot
- 04 Bound continuously 3-5 times



# PLYOMETRIC EXERCISES

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