



KC Athletics Plyometric Routine



Here is a 35-40min plyometric routine - broken up into 5 rounds. Repeat each round TWICE. Between each exercise in the round of 4, take no more than a 5-10 second break as needed. At the end of each round of four take a 30 second drink break.

Round 1:

1. **Jump Squats** - 30 sec: Squat + jump. Land softly with knees bent. Pace yourself at around 15 jump squats in the 30 sec timeframe.
2. **Run Stance Squats** - 30 sec: Squat + jump, swiveling your hips left and right. Swing your arms and keep your upper body facing forward throughout.
3. **Airborne Heisman** - 30 sec: Jump left to right, lifting knee high at the end of each side. Swing arms into a Heisman pose. Slow and steady.
4. **Swing Kicks** - 1 min: Swing leg over a chair. From left side: Right, Left. From right side: Left, Right

Round 2

1. **Squats Reach Jumps** - 30 sec: Squat Jump with 180deg turn. Touch the ground between your legs each time, alternating hands.
2. **Squats Switch Pickups** - 30 sec: Squat Jump with 180deg turn. Each time, touch the ground with both hands outside of your feet.
3. **Double Airborne Heisman** - 30 sec: Jump left to right with a stutter step in the middle, lifting knee high on each side.
4. **Circle Run** - 1 min: Run circles around a ball or cone – keep facing forward. 30sec one direction then switch direction for 30sec.

Round 3

1. **Jump Knee Tucks** - 30 sec: Jump high in the air lifting both knees as high as you can. Land softly with knees bent.
2. **Mary Katherine Lunges** - 30 sec: Lunge in place, switching legs. Keep both arms raised straight up.
3. **Leapfrog Squats** - 30 sec: Wide leg squats, two forward, then two back. Slow and steady – don't rush.
4. **Twist Combo** – 1 min: Little hops, each time twist: left, middle, right, middle

Round 4

1. **Rock Star Hops** - 30 sec: Jump and lift both heels to your rear. Land softly with knees bent.
2. **Gap Jumps** - 30 sec: Bound with one leg as far forward as you can. Turn, and bound the other way with the other leg. Repeat.
3. **Squats Jacks** - 30 sec: In a low squat position, hop and move legs far apart. Return to starting position.
4. **Military March** - 1 min: In place, swing left leg high and right arm high. Then switch to right leg and left arm. Keep arms and legs straight.

Round 5

1. **Run Squat 180 Jump Switches** - 30 sec: Squat with one hand on the ground on the outside of one foot. Jump and turn 180deg, and squat with other hand on the ground outside of the other foot. Repeat
2. **Lateral Leapfrog Squats** - 30 sec: In a wide squat stance, shuffle twice side to side. Stay low.
3. **Monster Truck Tires** - 30 sec: Bound forward twice from one side to the other. Then bound backward twice from one side to the other. Don't let your opposite foot touch the ground between bounds.
4. **Hot Foot** - 1 min: Hop on one foot: front, back, right, left in a cross. 30sec left, 30sec right.