



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**



# **Plyometric and Balance**

**(Advanced)**

# Plyometric and Balance

(Advanced)



Forward & Backward Line Hop



Side to Side line hop



Burpee



Jump Rope



Squat Jump

## WARM-UP:

20 reps: Lunges (10 each leg)

10 reps: Squats

**30 sec:** High Knees

15 reps: Jumping Jacks

**30 sec:** Mountain Climbers

20 reps: Windmills (10 each side)

20 reps: Forward Kicks (10 each leg)

**60 sec:** Arm Circles (Forward & Backwards 30 sec)

## POLYMETRIC EXERCISES: Repeat 2-3X

**30 sec:** Forward and Backward Line hops

10 reps: Tuck Jumps

**30 sec:** Side-to-Sideline hops

10 reps: Burpees

**30 sec:** Jump Roping

10 reps: Squat Jumps

## BALANCE EXERCISES: Repeat 2-3X

30 sec: Single Leg Stance, eyes open

30 sec: Single Leg Stance, eyes closed

30 sec: Double Leg Stance on balance disc

30 sec: Single Leg Stance on balance disc

30 sec: Double Leg Stance on balance disc, eyes closed

30 sec: Single Leg Stance on balance disc, eyes closed

30 sec: Double Leg Stance on BOSU ball

30 sec: Single Leg Stance on BOSU ball

## COOL-DOWN/FLEXIBILITY:

Glute Stretch

Torso Stretch

Calf Stretch

Butterfly Stretch

Hamstring Toe Touch Stretch

Arm Stretches

Oblique Side Stretch

Cat-Cow Stretch

Quadriceps Stretch