

CENTRAL MICHIGAN PLYOMETRIC PROGRAM

Week #1

Ankle Flips 2x8
Hurdle Jumps 2x5 (Stick)
Box Jumps 1x8
Squat Jumps 1x4
Depth Drop 2x3
Rotational Jump 2x3ea

Week #2

Ankle Flips 2x8
Hurdle Jumps 2x5 (Stick)
Box Jumps 1x10
Squat Jumps 1x5
Depth Drop 2x3
Rotational Jump 2x4ea

Week #3

Ankle Flips 2x9
Hurdle Jumps 2x5 (Stick)
Box Jumps 1x10
Squat Jumps 1x6
Depth Drop 2x4
Rotational Jump 2x4ea

Week #4

Ankle Flips 2x9
Hurdle Jumps 2x5 (Stick)
Box Jumps 1x11
Squat Jumps 2x4
Depth Drop 2x5
Rotational Jump 2x4ea

Week #5

Ankle Flips 2x10
Hurdle Jumps 2x5
SL Box Jumps 1x5ea
Squat Tuck Jumps 2x10
Depth Jumps 2x5
Rotational Jump 2x4ea

Week #6

Ankle Flips 2x11
Hurdle Jumps 2x5
SL Box Jumps 1x5ea
Squat Tuck Jumps 2x11
Depth Jumps 2x5
Rotational Jump 2x4ea

Week #7

Ankle Flips 2x11
Hurdle Jumps 2x5
SL Box Jumps 2x6ea
Squat Tuck Jumps 2x6
Depth Jumps 2x6
Rotational Jump 2x4ea

Week #8

Ankle Flips 2x11
Hurdle Jumps 2x5
SL Box Jumps 2x6ea
Squat Tuck Jumps 2x7
Depth Jumps 2x7
Rotational Jump 2x4ea