

TEENWEIGHTGAIN.COM PLYOMETRIC PROGRAM

Perform Twice A Week

Items Needed:

- \$3,000.00 Verti Max machine, ORRR... our “verti-maker” machine you can make on your own for under a 100 bones.
- Plyometric boxes or chairs

Program:

1. Warm-up – Perform high knee leg raises for about 25 yards and back, then do butt kicks up and back. Then do a lunge stretch for 25 yards (not back). Do frog jumps back
2. Strap into your “verti-maker”
Perform 2 sets of the super jump set resting for 1 minute.
Super Jump Set;
5 repetitions of
 - straight leg jumps
 - knees to chest
 - lunge jumps
 - deep squat jumps

3. Plyo-box jumps

- 10 jump off and up
- 5 jump up to each box
- Rest 2 minutes and repeat
- Finish with 10 jumps to highest box

4. 10 legal vertical jumps (1 step) as high as possible

(try to find a place to touch where you can shoot for new records)

For Videos On How To Do This Visit

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