



Plyometric Session 1:

Cardiovascular training: 20 minutes

Warm-up: 2 min walk on treadmill

Working session: Run on treadmill with *incline 3 Speed 7.5-8* for 15 minutes

Cool-down: 3 min cool down

Round One combo:

1. 1 set x Abdominals
2. 1 set x push-up to toes to jump on step combo
3. 1 set lower back hyper extension OR swimming style combo

Then repeat x 2

1. Abdominals: Middle, side, side, middle combo

Resistance performed

- Set 1-3: 10 reps

hands

2. Push-up to toes to jump on step combo

Resistance performed

- Set 1-3: 8-10 reps

body weight

3. lower back hyper extension OR swimming style combo

Resistance performed

- Set 1-3: 12 reps

body weight

Round Two combo:

4. 1 set x lunge with side raise and front raise with side-side for abs
5. 1 set x standing barbell curls
6. 1 set x one leg over side step with weighted fitball in front

Then repeat x 2

4. lunge with side raise and front raise with side-side for abs

Resistance performed

- Set 1-3: 10 reps

1kg

5. Standing barbell curls

Resistance performed

- Set 1-3: 10 reps

10kg

6. one leg over side step with weighted fitball in front

Resistance performed

- Ser 1-3: 20 reps (hopping over exercise)

3kg fitball

Stretching:

1. Thigh & Groin Stretch
2. Hamstring stretch
3. Abdominals stretch
4. Calf stretch
5. Twist stretch

Plyometric Session 2:

Cardiovascular training: 20 minutes

Warm-up: 2 min walk on treadmill

Working session: Run on treadmill with *incline 3 Speed 7.5-8* for 15 minutes

Cool-down: 3 min cool down

Round One combo:

1. 1 set x abdominals on floor OR bench hinge knee raises
2. 1 set x two feet off & one foot on step with dumbbell combo
3. 1 set x Power lifting exercise with dumbbells

Then repeat x 2

1. Abdominals on floor OR bench hinge knee raises	Resistance performed
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| • Set 1-3: 15 reps | body weight |
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2. Two feet off & one foot on step with dumbbell combo	Resistance performed
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| • Set 1-3: 15-20 reps (hop scotch) | body weight |
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3. Power lifting exercise with dumbbells	Resistance performed
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| • Set 1-3: warm-up 10 reps | 5kg each |
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Round Two combo:

4. 1 set x elbows & toes on floor for 50 count
5. 1 set x Seated bent over dumbbell raises for rear shoulders
6. 1 set x Dips on bench

Then repeat x 2

4. Elbows & toes on floor for 50 count	Resistance performed
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| • Set 1-3: 50 count | body weight |
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5. Seated bent over dumbbell raises for rear shoulders	Resistance performed
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| • Set 1-3: 10 (man action) | 5kg |
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6. Dips on bench	Resistance performed
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| • Set 1-3: 15 reps | body weight |
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Stretching:

1. Thigh & Groin Stretch
2. Hamstring stretch
3. Abdominals stretch

4. Calf stretch
5. Side stretch

Plyometric Session 3:

Cardiovascular training: 20 minutes

Warm-up: 2 min walk on treadmill

Working session: Run on treadmill with *incline 3 Speed 7.5-8* for 15 minutes

Cool-down: 3 min cool down

Round One combo:

1. 1 set x Static squat for 50 count
2. 1 set x Over thumb lat pulldown (standing or seated the other way)
3. 1 set x Lying on bench flat dumbbell flies for chest

Then repeat x 2

1. Static squat for 50 count	Resistance performed
• Set 1-3: 50 count	body weight
2. Over thumb lat pulldown (standing or seated the other way)	Resistance performed
• Set 1-3: 12	3-4 plates
3. Lying on bench flat dumbbell flies for chest	Resistance performed
• Set 1-3: 15 reps	2.5kg each

Round Two combo:

4. 1 set x Dumbbell stiff-legged deadlift
5. 1 set x toe tap on bench around and back
6. 1 set x Lunge step with side deltoid raise & bicep curls on standing

Then repeat x 2

4. Dumbbell stiff-legged deadlift stretch	Resistance performed
• Set 1-3: 10 reps	5kg each
5. Toe tap on bench around and back	Resistance performed
• Set 1-3: all around & back again	body weight
6. Lunge step with side deltoid raise & bicep curls on standing	Resistance performed
• Set 1-3: 10 reps (multi tasking)	3-5kg each

Stretching:

1. Thigh & Groin Stretch
2. Hamstring stretch
3. Abdominals stretch
4. Calf stretch
5. Side stretch