

Agility & Plyometrics

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Regular workout

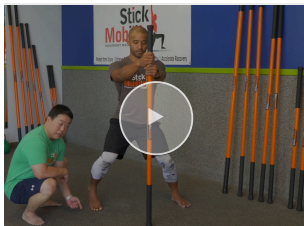
Created by Kayla Cittadino on 20 Feb 2024, last updated on 20 Feb 2024.

est. 27 minutes

	Foot/Ankle Stick Mobility	1 set	
	Wedge RDL's	1 set	
	Agility Ladder Drills	1 set	👉 Rest 30 sec between sets

Circuit of 3 rounds

	Box Jump with Stabilization	5 Reps	
	Rest for 30 sec		
	Box Jump Down with Stabilization	5 Reps	
	Rest for 30 sec		
	Transverse Box Jump with Stabilization	5 Reps Both Directions	
	Rest for 30 sec		
Repeat new round			
	Cool Down Cycle	10 min	



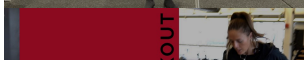
Foot/Ankle Stick Mobility

Watch video and follow along. Use any balance tool for the exercises.

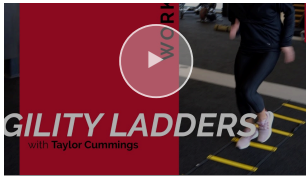


Wedge RDL's

Watch video for demonstrations. If you do not have a foam wedge, get creative and use/build something with a slant. Do one set of 5 - 10 Reps per foot, per angle.



Agility Ladder Drills



Load up video and watch one drill - complete drill down and back ladder at easy pace to get technique, then two more times down and back increasing your speed. Watch the next drill and repeat.



Box Jump with Stabilization

Hold with control at the top of the jump for at least 3 seconds



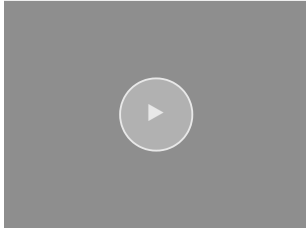
Box Jump Down with Stabilization

Hold with control for at least 3 seconds



Transverse Box Jump with Stabilization

Hold with control for at least 3 seconds



Cool Down Cycle

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Foot/Ankle Stick Mobility	reps x	lbs				
Wedge RDL's	reps x	lbs				
Agility Ladder Drills	reps x	lbs				
Box Jump with Stabilization	reps x	lbs	reps x	lbs	reps x	lbs
Box Jump Down with Stabilization	reps x	lbs	reps x	lbs	reps x	lbs
Transverse Box Jump with Stabilization	reps x	lbs	reps x	lbs	reps x	lbs
Cool Down Cycle						

Previous Stats