

A: 10 BODY WEIGHT EXERCISES FOR EXPLOSIVE POWER

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1

SQUAT JUMPS	SETS	1-3	REPS	6	REST	1 min
Take a comfortable stance with feet shoulder width apart. Begin by lowering yourself down into a half squat, hold for a second before exploding up and jumping as high as possible. Land on both feet in the starting position and repeat movement. Use arms to as counter movement and swing them up over your head on jump.						



2

KNEE TUCKS JUMPS	SETS	1-3	REPS	6	REST	1 min
Take a comfortable stance with feet shoulder width apart. Begin with a small countermovement, swing the arms back and bending the knees slightly. Explosively jump up. Pull your knees into your chest and touch your knees to your hands or chest before landing.						



3

PLYO JACKS	SETS	1-3	REPS	6	REST	1 min
Take a comfortable stance with feet shoulder width apart. Begin with a counter movement bending the knees and swinging the arms down. Explosively jump up swing your arms and legs in jumping jack movement.						



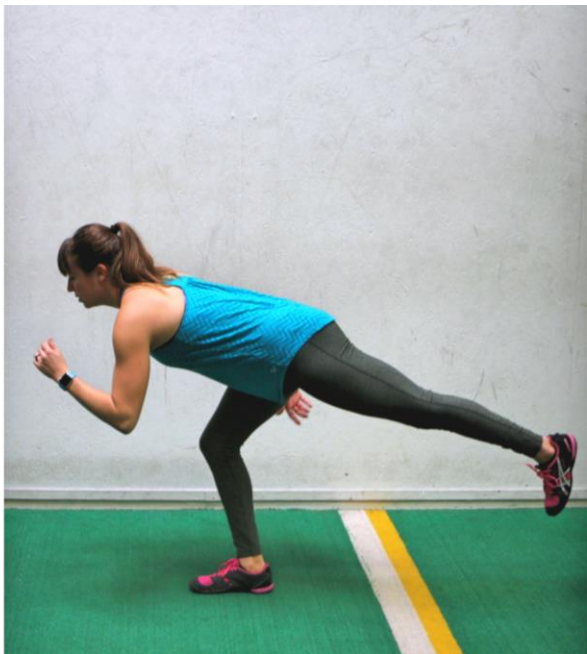
4

SKATER HOPS	SETS	1-3	REPS	12	REST	2 min
Take a comfortable stance with feet shoulder width apart. Begin with a small counter movement placing body weight on the leg you want to jump with. Press off the ground and jump up and over landing on the opposite foot. Immediately repeat the movement. 6 reps for each leg.						



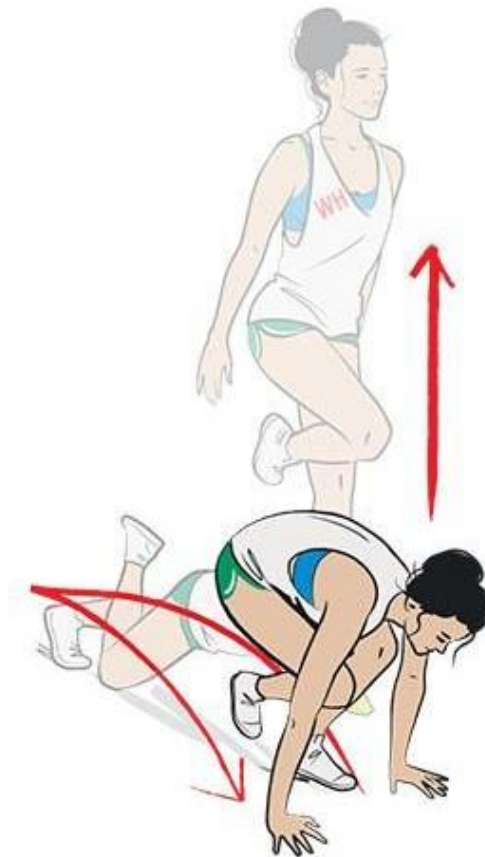
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SINGLE LEG DEADLIFT HOPS	SETS	1-3	REPS	12	REST	2 min
<p>Take a comfortable stance with feet shoulder width apart. Begin by performing a single leg deadlift movement. Reach with your back leg straight behind you and at the end of that movement drive the leg forward bending the knee and bringing it towards your chest, while hopping off the ground with opposite leg. 6 reps per leg.</p>						



6

SKATER HOPS SINGLE LEG BURPEES	SETS	1-3	REPS	12	REST	2 min
<p>Take an athletic position. Begin with a small counter movement placing body weight on the leg you want to jump with. Press off the ground and jump up and over landing on the opposite foot. On landing place hands on the ground and kick weight bearing leg back into pushup position. Try to keep the opposite leg off the ground. Jump weight bearing leg back to hands and stand up. Immediately repeat the movement. 6 reps for each leg.</p>						



7

ROLL TO JUMP	SETS	1-3	REPS	6	REST	2 min
<p>Take a comfortable stance with feet shoulder width apart. Begin by lowering yourself into a full squat. Round the back and gently fall backwards rocking yourself back up to your feet. Once back on your feet find your balance quickly and explosively jump up into the air. Land softly and repeat the movement.</p>						



8

SPLIT SQUAT HOPS	SETS	1-3	REPS	12	REST	2 min
<p>Take a comfortable stance with feet shoulder width apart. Begin by taking a step forward with one leg and lowering yourself into a front lunge. At the bottom of the movement swing your arms up and press off of both legs to hop off the ground. Land in the start position and immediately repeat the movement. 6 reps each leg.</p>						



9

LUNGE TO EXPLOSIVE KNEE DRIVE	SETS	1-3	REPS	12	REST	2 min
<p>Take a comfortable stance with feet shoulder width apart. Begin by taking a step backwards performing a reverse lunge. At the bottom of the movement swing your arms up and press off of from your back leg driving the knee up toward your chest and hopping off the ground with the opposite leg at the same time. Land in the start position and immediately repeat the movement. 6 reps each leg.</p>						



10

PLANK HOP OVERS	SETS	1-3	REPS	12	REST	2 min
Take a strong plank position, with elbows and forearms on the ground. Grasp hands together and activate your core. Pulling belly button towards the spine. Explode off your toes throwing your legs to the left and right.						



11

ROLL TO BURPEE	SETS	1-3	REPS	6	REST	2 min
<p>Take a comfortable stance with feet shoulder width apart. Begin by lowering yourself into a full squat. Round the back and gently fall backwards rocking yourself back up to your feet. Once back on your feet, kick the legs out into a pushup position. Allow your hands to come to the floor at the same time. And perform the pushup part of the burpee. At the top of the push up kick your legs back to the outside of your hands. Finding yourself back in the squat position. Repeat the movement immediately.</p>						

