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BOUNCE TRAINING

WORKOUT #1

A. 5 Trap Bar Jump Shrug (95-135)

B. 5 Bench Depth Jump

C. 5 Band Accelerated Jump

D. 15s ea SL Line Hop (forward/backward)

- Perform 3-5 sets
- Rest 20-30s b/w exercises & 2 minutes b/w sets
- Perform A-C for maximal height and D for max speed

- These are mini plyometric workouts that can be done on top of sport practice or weight training programs to improve vertical jump and power
- They should take no longer then 15-20 minutes and should be done prior to practice or weight training



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