



LATERAL PLYOMETRICS



LOWER LEG CONDITIONING - GPP PROTOCOL

*Click workout title for video demonstration

*Perform exercises as a circuit, rest 2 minutes in b/w each full round

*Focus on keeping fluid movement all reps should look same

*Maintain nasal breathing during the workout

No.	Exercise	Volume	Rest
A.	Double Leg Hop Right	x10	NA
B.	Double Leg Hop Left	x10	NA
C.	Right Leg Hop Right	x10	NA
D.	Left Leg Hop Right	x10	NA
E.	Right Leg Hop Left	x10	NA
F.	Left Leg Hop Left	x10	NA
G.	Double Leg Line Hops (left & right)	x10	NA
H.	Single Leg Line Hop (left & right)	x10ea	NA
I.	Pause Lateral Jumps	x10	2 minutes

<https://www.masqtraining.com/>