



LINEAR 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 Forward	x10	NA
B.	Double Leg Hop Backward	x10	NA
C.	Right Leg Hop Forward	x10	NA
D.	Left Leg Hop Forward	x10	NA
E.	Right Leg Hop Backward	x10	NA
F.	Left Leg Hop Back Ward	x10	NA
G.	Double Leg Line Hops (forward & back)	x10	NA
H.	Single Leg Line Hop (forward & back)	x10ea	NA
I.	Pause Squat Jumps	x10	2 minutes

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