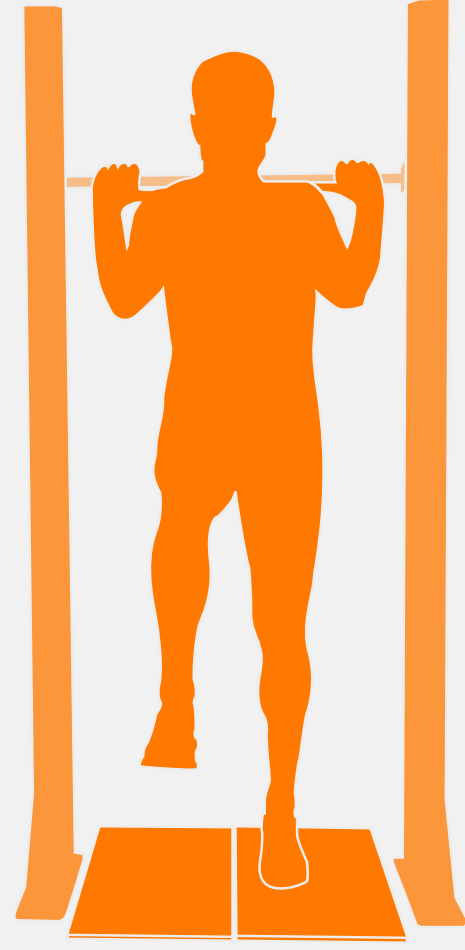
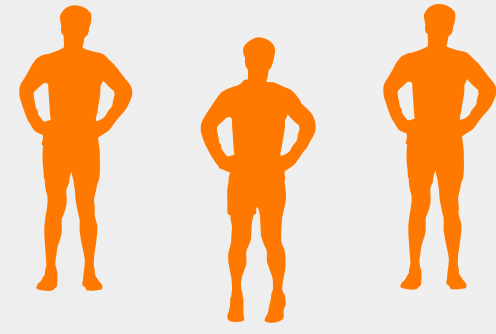

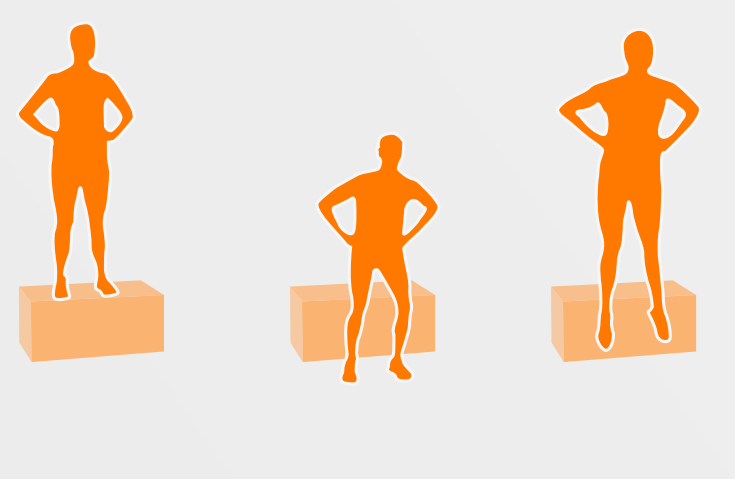
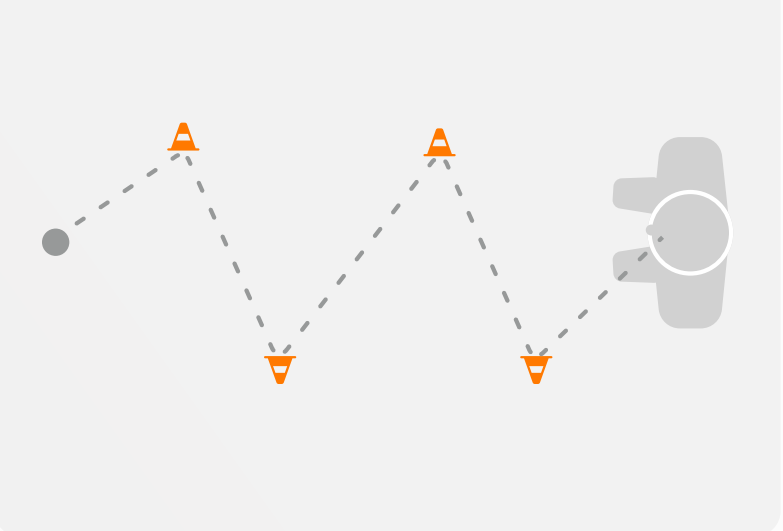
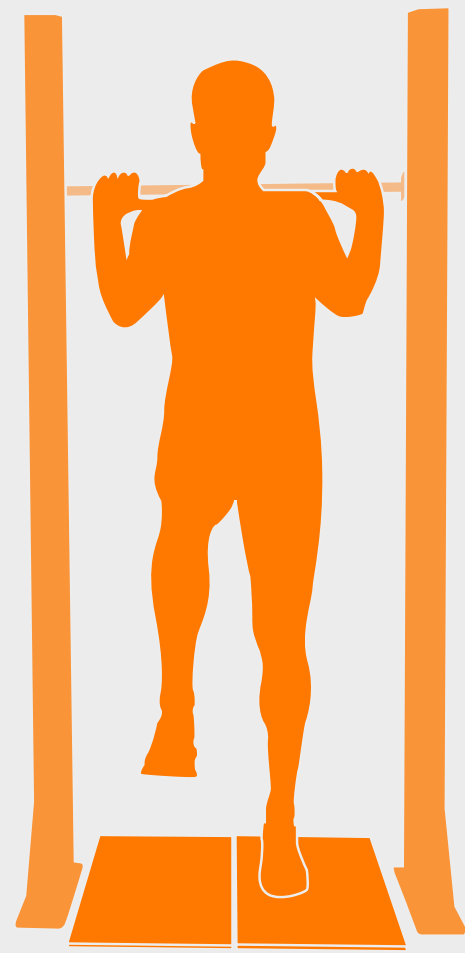

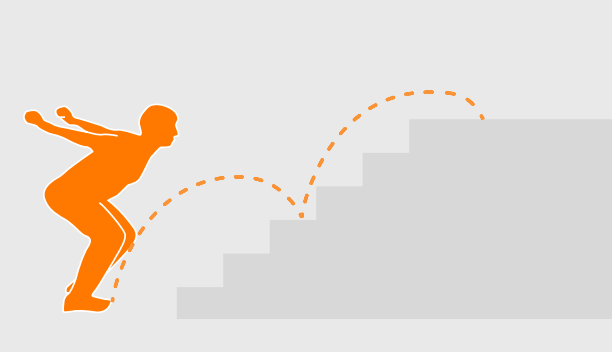
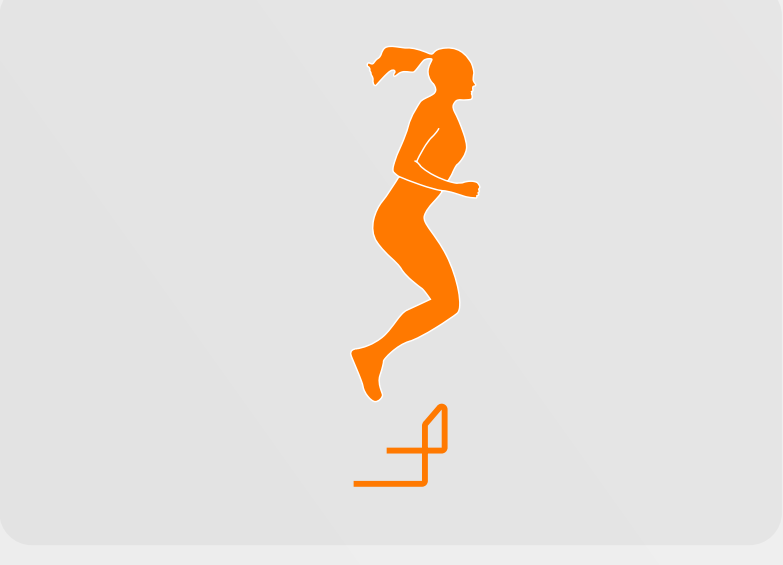
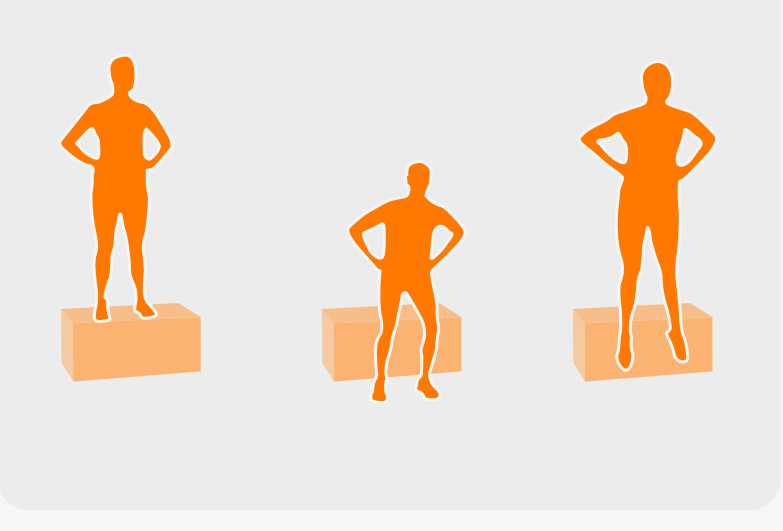
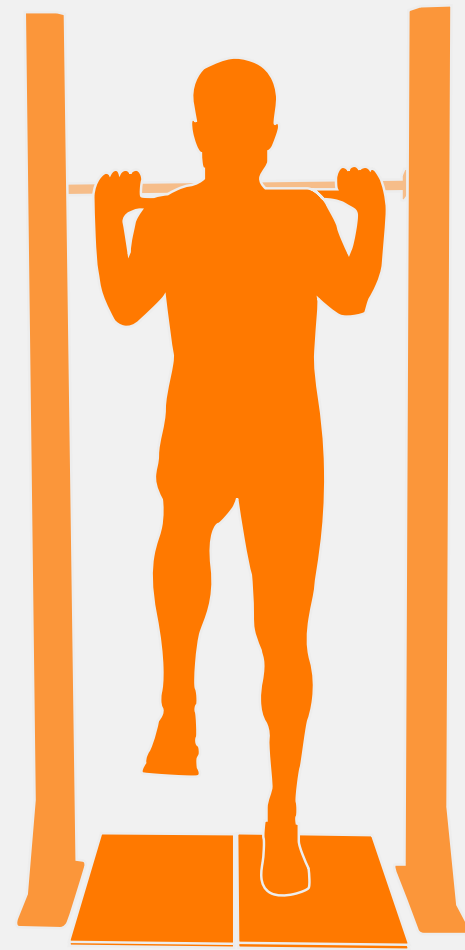
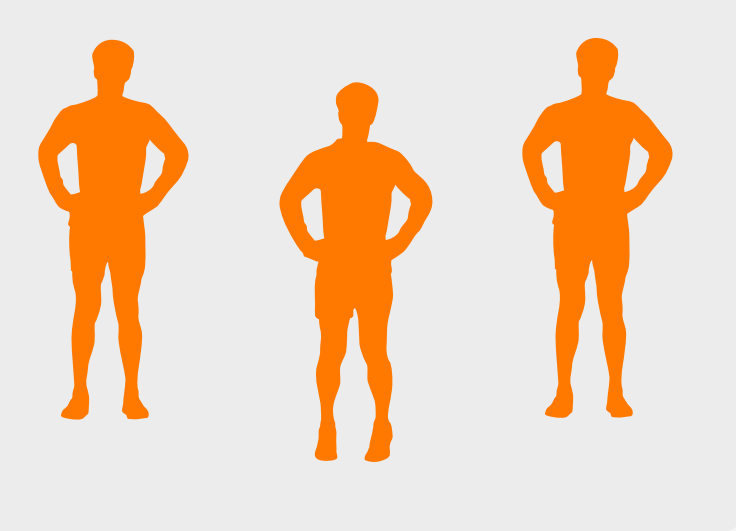
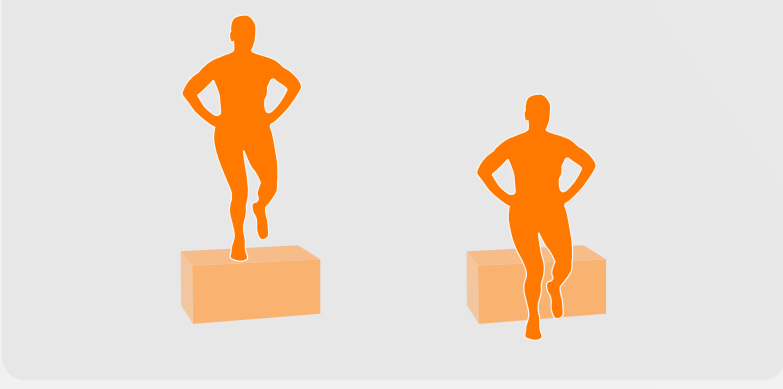

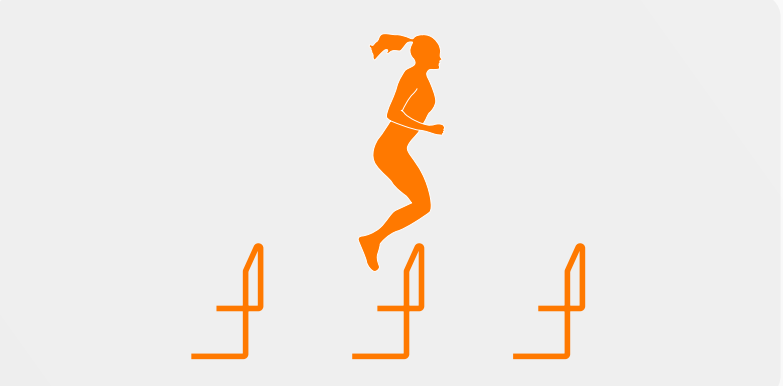
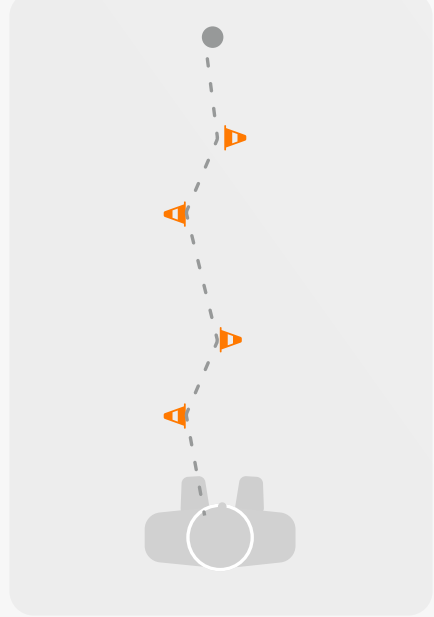
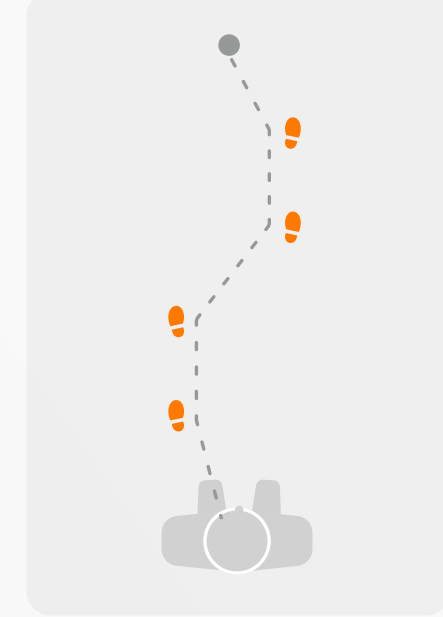


Plyometric Dose-Prescription

A Data-Informed Preseason Approach

Alex Natera, PhD, MSc | Manager of Sport Science NSWIS



Plyometric Exercises		Low	Moderate	High
Level 1	 <p>Ankle Iso Push</p> <p>Male: 3.0x Bodyweight (BW) Female: 2.75x BW</p>	<p>Pogos: 2x20</p>  <p>High Knee Skips: 3x12</p>  <p>Total Volume: 75%</p>	<p>Drop Jumps: 3x5</p>  <p>Total Volume: 15%</p>	<p>Zig Zag Bounds: 2x6</p>  <p>Total Volume: 10%</p>
	 <p>Ankle Iso Push</p> <p>Male: 3.25x BW Female: 3.0x BW</p>	<p>Broad Jumps: 2x5</p>  <p>Stair Jumps: 4x10</p>  <p>Total Volume: 50%</p>	<p>Hurdle Jumps: 4x5</p>  <p>Total Volume: 20%</p>	<p>Drop Hops: 6x5</p>  <p>Total Volume: 30%</p>
	 <p>Ankle Iso Push</p> <p>Force at 100ms</p> <p>Male: 2.2x BW Female: 2.0x BW</p>	<p>Pogos: 2x12</p>  <p>Total Volume: 25%</p>	<p>1-Leg Altitude Landings: 4x3 each</p>  <p>Lateral Bounds: 4x3 each</p>  <p>Total Volume: 25%</p>	<p>High Hurdle Hops: 5x3</p>  <p>Linear Bounds: 4x4 each</p>  <p>LL RR Run-Ins: 4x4 each</p>  <p>Total Volume: 50%</p>