

SPRI CROSS TRAIN PLYO BOX

Exercise Instruction

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 20-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each set of movements.
- Complete select movements equally in both directions to avoid the development of muscular imbalance.
- Perform every movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 20 seconds, perform the movement more slowly, or take more rest between movements.

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- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement, perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

BOX JUMP



Start: Position feet shoulder-width apart facing box, bend knees, push hips backward, arms straight along sides of body and chest up.

Finish: Quickly straighten legs while driving arms up and forward, bend legs, land with feet shoulder-width apart on box, arms in front of body and chest up. Step or jump backward off box, return to start position and repeat in a continuous up/down pattern.

LATERAL BOX JUMP



Start: Position feet hip-width apart with side of body facing box, bend legs, push hips backward, arms straight along sides of body and chest up.

Finish: Quickly straighten legs while driving arms up and forward over box, bend legs, land with feet hip-width apart on box, arms along sides of body, chest up. Step or jump sideways off box, return to start position and repeat in a continuous up/down pattern.

BOX DIP



Start: Face away from box, position hands on edge of box shoulder-width apart, straighten arms slightly behind shoulders and straighten legs in front of body with heels on floor.

Finish: Bend arms, lower hips toward floor with knees slightly bent, heels on floor and head above hips, hold. Straighten arms, return to start position and repeat in a continuous up/down pattern.

INVERTED BOX PUSH UP



Start: Position balls of feet on top of box hip-width apart and straighten legs. Place hands on floor shoulder-width apart, straighten arms directly below shoulders, lift hips up with head down looking at box.

Finish: Bend arms and lower head towards floor while keeping legs and back straight. Straighten arms, return to start position and repeat in a continuous up/down pattern.

SINGLE LEG BOX JUMP



Start: Stand on one leg facing box, bend leg, push hips backward with opposite leg bent and arms bent in front of body.

Finish: Quickly straighten legs while driving arms up and forward, bend leg and land with foot on top of middle of box and arms in front of body. Step backward off box, return to start position and repeat in a continuous up/down pattern.

BOX STEP UP



Start: Position feet hip-width apart facing box, straighten legs, stand upright with back straight and head over hips.

Finish: Bend and lift one leg, place foot on top of box, slightly bend opposite leg while straightening top leg and stepping up on top of box with feet hip-width apart. Keep arms down along side of body and chest up. Step down and back off box, return to start position and repeat in a continuous up/down pattern.