

# ALL ACCESS

**POWER  
PLYOMETRICS  
PROGRAM**

## **THE SCIENCE OF EXPLOSIVE ATHLETICISM**

Training techniques inspired by  
Jumpsoles® for maximum athletic  
power.

**JUMP TRAINING**

WINTER 2026

**ISSA  
CERTIFIED**

ADHAM CONAWAY IS A CO-FOUNDER &  
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# Plyometrics

## Explained

**Plyometrics** is a specialized method of jump training developed by Yuri Verkhoshanski of Russia. More specifically, it is a speed-strength training method, combining speed and strength in a single exercise.

This type of training is **highly effective** for developing white fast-twitch muscle fibers, which are responsible for quick, explosive movements. In contrast, traditional strength training primarily recruits red slow-twitch fibers, which are better suited for endurance. Only a portion of the fast-twitch fibers are activated through regular strength training; the remaining fibers are best developed through plyometric speed-strength exercises.

Developing these **fast-twitch fibers** allows you to move quicker and more explosively. In general, the faster and more powerful a movement is performed, the higher you will jump, the faster you will run, and the farther and harder you can throw or hit.

### ***To ensure your exercises are truly plyometric:***

- Execute jumps as quickly as possible, ideally in **0.2 seconds or less**.
- Focus on the takeoff first, then airborne movement, and finally prepare for landing.
- Upon landing, sink slightly to absorb impact and generate energy for the next takeoff.
- The less you bend, the more energy is stored in the eccentric contraction.
- The faster the landing and takeoff, the higher the jump.

Various jump and plyometric exercises can help develop **explosive muscle contractions** when performed with proper speed and technique.

**Source: Jump USA**



# Warm-Up & Cool-Down Guidelines

## Before Training:

Start with a ¼-mile jog or 2 minutes of jump rope, followed by 10 minutes of stretching. A proper warm-up gradually increases blood circulation and body temperature, reducing the risk of muscle injury and preparing your body for explosive plyometric training.

## After Training:

Finish with a ¼-mile jog and stretching. Adequate rest between sessions is crucial—muscle fibers broken down during plyometric and strength training need at least **48 hours** to rebuild properly.

## Off-Season Recommendations:

After completing the 8-week Power Plyometrics Program, rest for 10 days before ramping back up, starting at Week 4. Gradually increase weights on lunges and step-ups. This structured approach, known as **periodization**, allows you to build strength safely while avoiding overtraining.

## During Competitive Season:

**Use caution!** Overtraining can lead to burnout and poor performance. Maintain peak condition with lighter workouts and proper rest. Box jumps are especially strenuous—**stop all box jumping 3 days before competition**. Reduce weight training volume, performing only 1 set of squats, lunges, and step-ups to maintain strength without overloading muscles.



# Power Plyometrics Program

Perform twice per week, allowing two full rest days between sessions.

WEEK	1 2 3 4 5 6 7 8								REST	
	EXERCISE	AMOUNT	SETS							
- Lateral Cone Hop	10 jmps	-	1	1	2	2	2	2	2	2min
- Bounding	25 yds	-	-	1	1	2	2	2	2	2min
- Skipping	25 yds	-	1	1	2	2	2	2	3	1min
- Box Jumps	10 jmps	-	-	1	1	2	2	2	2	4min
- Rim Jumps	10 jmps	-	1	2	2	2	2	2	2	4min
- Squat Lunges	10 jmps	2	2	2	3	3	3	3	3	1min
- Step-ups	10 jmps	2	2	2	3	3	3	3	3	1min



# Training Log

**Warmup** Jog ¼ mile or Jumprope 2 minutes

## PLYOMETRIC EXERCISES

 Check off whichever exercises you do.

EXERCISE	AMOUNT	SETS	REST
<input type="checkbox"/> Lateral Cone Hop	10 jmps	_____	2min
<input type="checkbox"/> Bounding	25 yds	_____	2min
<input type="checkbox"/> Skipping	25 yds	_____	1min
<input type="checkbox"/> Box Jumps	10 jmps	_____	4min
<input type="checkbox"/> Rim Jumps	10 jmps	_____	4min

## STRENGTH EXERCISES

 Check off whichever exercises you do.

EXERCISE	AMOUNT	SETS	WEIGHT	REST
<input type="checkbox"/> Squat Lunges	10 jmps	_____	_____	1min
<input type="checkbox"/> Step-ups	10 jmps	_____	_____	1min

**Finish Time:** \_\_\_\_\_

**Notes:**



# Workout Glossary

## **Skipping**

Leap as high as possible on each take-off. Alternate legs by performing a short skip between single-leg jumps. Execute each take-off as quickly as possible to maximize height and explosiveness.

## **Bounding**

Bounding should be performed as quickly as possible. If you sink too much on each landing, the exercise loses explosiveness. This often happens if your leap is too long or if eccentric strength is insufficient. Adjust your leaping distance to maximize speed and power. You can also perform bounding on a single leg to better simulate running mechanics.

## **Lateral Cone Hops**

Jump sideways over a barrier, such as cones. The cones require you to jump both upward and laterally. Avoid just bending your knees—straighten your legs, point your toes, and leap as high as possible. Keep your head steady to emphasize proper hip action and prepare for a quick jump to the other side.

## **Box Jumps**

Box jumps improve jump height by strengthening muscle contractions during landing while maintaining upward explosiveness. Prepare for both landing and take-off, then leap quickly onto the box. You can pause after each jump or perform two to three consecutive jumps for added intensity.

## **Depth Jumps**

Step off a platform and drop straight down to ensure all forces move vertically. Upon landing, immediately jump straight up without forward motion. Landing at an angle or taking off forward redirects forces away from vertical power. Focus your mind on proper landing and take-off to execute these jumps explosively.



# Workout Glossary

## **Rim Jumps**

Rim jumps develop jump endurance and the ability of muscles to contract strongly and repeatedly. Perform these with controlled intensity to improve repeated vertical power.

## **Squat Lunges**

Step forward, lowering your trailing knee to a few inches above the ground. For safety and effectiveness, the leading knee should remain directly over or slightly behind your toes—not past them.

## **Squat Lunges with Weight\***

Perform as described above, adding weight when ready. Beginners or athletes under 16 should use bodyweight only until bone growth is complete. The goal is to perform multiple repetitions with weight equal to  $\frac{1}{2}$  or more of your body weight once ready.

## **Step-Ups**

Use a sturdy 8-12" box. Step up with one leg, then return. Perform 10-15 repetitions per leg.

## **Step-Ups with Weight\***

Perform as above, adding weight as appropriate. **Beginners or athletes under 16** should use bodyweight only. Once ready, the goal is multiple repetitions with weight equal to  $\frac{1}{2}$  or more of your body weight.

