

A photograph of the California State Capitol dome, featuring a large black dome and white columns, set against a blue sky with some clouds. The image is framed by a white curved border at the bottom.

PROBATION OFFICER

PHYSICAL CONDITIONING

MANUAL

(OPTIONAL)

Revised June 2020



Topic 19 – Agency Specific Training

Physical Conditioning

Instructional Time: 12 hours

A note about physical conditioning:

- A. This manual outlines an **optional** exercise program for the PO core. If you use this as an optional training activity during the PO core, certify this content as agency specific training under Topic 19. The classes included here are not tested and are to be used as additional information and practice for physical conditioning. The practice sessions included here should be disbursed throughout the core following the schedule listed within.

Class #1: Physical Conditioning Basics

Minimum Module Instructional Time: 1.5 hours

Training Notes:

Student will be able to describe the key components of a performance-based fitness program and the ways each contributes to fitness.

Student will be able to define common terms used in physical conditioning.

Student will be able to describe the role of Rating of Perceived Exertion (RPE) in a physical conditioning program.

Student will be able to describe the Borg Perceived Exertion Scale as described in the Guidelines for Exercise Testing and Prescription, American College of Sports Medicine, Eighth Edition (e.g., very, very light to very, very hard).

Student will be able to identify common mistakes people make when participating in a physical conditioning program.

Student will be able to identify equipment and clothing needed when participating in a fitness program.

Student will be able to describe the purpose and goals of performance-based conditioning for probation officers.

Student will be able to identify common injuries during training that might disable a probation officer.

Student will be able to identify signs of overexertion and/or potential dangers during a physical conditioning program.

Student will be able to identify the importance of warm-up and cool-down during a physical conditioning program.

Student will be able to describe the difference between static stretching and dynamic stretching, and the appropriate applications for each type.

Class #2: Conditioning Exercises

Minimum Module Instructional Time: 1 hour

Complete Exercise Set A provided in the table below.

For a complete description of all exercise sets and how to complete the exercises, see the *Physical Conditioning Exercise Sets* and *Physical Conditioning Descriptions and Pictures* sections of this manual.

Exercise Set A		
Focus	Exercise	Reps/Time
Dynamic Stretching	Arm Circles	10 ea way
	Side Bends	1x2-3 per side
	Windmills	1x10-20
	Trunk Twists	1x8 reps per side
	Knee-to-Forehead	1x5-7 reps per leg
Low Intensity Strength	Side Leg Raises	1x10-12 reps per leg
	Push-ups	1x up to 20 reps
	Stomach Cr/Sit-ups	1x10-20 reps
Core Strength	Prone Planks	3x10 sec/Rest 10 sec
	R. Hover Planks	3x10 sec/Rest 10 sec
	L. Hover Planks	3x10 sec/Rest 10 sec
	Stomach Flutter Kicks	1x7 reps
Upper Body Strength	Wrist Curls	1x3 reps
	Arm Curls	1x3-6 reps
Lower Body Strength	Leg Press or Modified Wall Sit	1x3-6 reps 1x30-40sec hold x2 reps
	Low Intensity Plyometrics	Skipping
Skip for Height		2x10/Rest 1 min
Lower Body Plyometrics	Two Foot Hops	1x10
	Single Foot S-S Hops	1x10
	Two Foot S-S Hops	1x10
Cardio	Jog/Walk	1.0 mi
	Sprint	2 nd session
Cool-Down	Walk	3 min
Static Stretching	Calf Stretch	3x5 sec, Rest 15 sec
	Quad Stretch	3x5 sec, Rest 15 sec
	Knee Hugs	3x5 sec, Rest 15 sec
	Stride Stretch	3x5 sec, Rest 15 sec

Class #3: Conditioning Exercises

Minimum Module Instructional Time: 1 hour

Complete Exercise Set A provided in the table below.

For a complete description of all exercise sets and how to complete the exercises, see the *Physical Conditioning Exercise Sets* and *Physical Conditioning Descriptions and Pictures* sections of this manual.

Exercise Set A		
Focus	Exercise	Reps/Time
Dynamic Stretching	Arm Circles	10 ea way
	Side Bends	1x2-3 per side
	Windmills	1x10-20
	Trunk Twists	1x8 reps per side
	Knee-to-Forehead	1x5-7 reps per leg
Low Intensity Strength	Side Leg Raises	1x10-12 reps per leg
	Push-ups	1x up to 20 reps
	Stomach Cr/Sit-ups	1x10-20 reps
Core Strength	Prone Planks	3x10 sec/Rest 10 sec
	R. Hover Planks	3x10 sec/Rest 10 sec
	L. Hover Planks	3x10 sec/Rest 10 sec
	Stomach Flutter Kicks	1x7 reps
Upper Body Strength	Wrist Curls	1x3 reps
	Arm Curls	1x3-6 reps
Lower Body Strength	Leg Press or Modified Wall Sit	1x3-6 reps 1x30-40sec hold x2 reps
	Low Intensity Plyometrics	Skiping Skip for Height
Lower Body Plyometrics	Two Foot Hops	1x10
	Single Foot S-S Hops	1x10
	Two Foot S-S Hops	1x10
Cardio	Jog/Walk	1.0 mi
	Sprint	2 nd session
Cool-Down	Walk	3 min
Static Stretching	Calf Stretch	3x5 sec, Rest 15 sec
	Quad Stretch	3x5 sec, Rest 15 sec
	Knee Hugs	3x5 sec, Rest 15 sec
	Stride Stretch	3x5 sec, Rest 15 sec

Class #4: Conditioning Exercises

Minimum Module Instructional Time: 2 hours

Complete Exercise Set B provided in the table below.

For a complete description of all exercise sets and how to complete the exercises, see the *Physical Conditioning Exercise Sets* and *Physical Conditioning Descriptions and Pictures* sections of this manual.

Exercise Set B		
Focus	Exercise	Reps/Time
Warm-Up	DT Footwork	10 min
Dynamic Stretching	Arm Circles	10 ea way
	Side Bends	1x2-3 per side
	Windmills	1x10-20
	Trunk Twists	1x8 reps per side
	Knee-to-Forehead	1x8-10 reps
Low Intensity Strength	Side Leg Raises	2x13-15
	Push-ups	1x up to 20 reps
	Stomach Cr/Sit-ups	1x10-20 reps
Core Strength	Prone Planks	3x15 sec/Rest 15 sec
	R. Hover Planks	3x15 sec/Rest 15 sec
	L. Hover Planks	3x15 sec/Rest 15 sec
	Stomach Flutter Kicks	2x7 reps
Upper Body Strength	Wrist Curls	1x3 reps
	Arm Curls	1x3-6 reps
Lower Body Strength	Leg Press	1x3-6 reps
	or Modified Wall Sit	1x30-40sec hold x2 reps
Low Intensity Plyometrics	Skipping	2x10/Rest 20 sec
	Skip for Height	2x15/Rest 1 min
Lower Body Plyometrics	Single Foot S-S Hops	1x10
	Two Foot S-S Hops	1x10
	Standing Long Jumps	1x10
	Standing Jump /Reach	1x10
	Jumps Over Barrier	1x10
Upper Body Plyometrics	Wheel Barrow	3x16 steps
	or Overhead Throw	3x16 steps
	or Single Arm Throw	3x16 steps
	Explosive Wall Push-up	3x10 reps
	or Chest Pass	3x10 reps
	or Chest Push	3x10 reps
Cardio	Jog/Walk	1.5 mi
Cool-Down	Walk	3 min
Static Stretching	Calf Stretch	3x10 sec/Rest 20 sec
	Quad Stretch	3x10 sec/Rest 20 sec
	Knee Hugs	3x10 sec/Rest 20 sec
	Stride Stretch	3x10 sec/Rest 20 sec

Class #5: Conditioning Exercises

Minimum Module Instructional Time: 2 hours

Complete Exercise Set B provided in the table below.

For a complete description of all exercise sets and how to complete the exercises, see the *Physical Conditioning Exercise Sets* and *Physical Conditioning Descriptions and Pictures* sections of this manual.

Exercise Set B		
Focus	Exercise	Reps/Time
Warm-Up	DT Footwork	10 min
Dynamic Stretching	Arm Circles	10 ea way
	Side Bends	1x2-3 per side
	Windmills	1x10-20
	Trunk Twists	1x8 reps per side
	Knee-to-Forehead	1x8-10 reps
Low Intensity Strength	Side Leg Raises	2x13-15
	Push-ups	1x up to 20 reps
	Stomach Cr/Sit-ups	1x10-20 reps
Core Strength	Prone Planks	3x15 sec/Rest 15 sec
	R. Hover Planks	3x15 sec/Rest 15 sec
	L. Hover Planks	3x15 sec/Rest 15 sec
	Stomach Flutter Kicks	2x7 reps
Upper Body Strength	Wrist Curls	1x3 reps
	Arm Curls	1x3-6 reps
Lower Body Strength	Leg Press	1x3-6 reps
	or Modified Wall Sit	1x30-40sec hold x2 reps
Low Intensity Plyometrics	Skipping	2x10/Rest 20 sec
	Skip for Height	2x15/Rest 1 min
Lower Body Plyometrics	Single Foot S-S Hops	1x10
	Two Foot S-S Hops	1x10
	Standing Long Jumps	1x10
	Standing Jump /Reach	1x10
	Jumps Over Barrier	1x10
Upper Body Plyometrics	Wheel Barrow	3x16 steps
	or Overhead Throw	3x16 steps
	or Single Arm Throw	3x16 steps
	Explosive Wall Push-up	3x10 reps
	or Chest Pass	3x10 reps
or Chest Push	3x10 reps	
Cardio	Jog/Walk	1.5 mi
Cool-Down	Walk	3 min
Static Stretching	Calf Stretch	3x10 sec/Rest 20 sec
	Quad Stretch	3x10 sec/Rest 20 sec
	Knee Hugs	3x10 sec/Rest 20 sec
	Stride Stretch	3x10 sec/Rest 20 sec

Class #6: Conditioning Exercises

Minimum Module Instructional Time: 1.5 hours

Complete Exercise Set C provided in the table below.

For a complete description of all exercise sets and how to complete the exercises, see the *Physical Conditioning Exercise Sets* and *Physical Conditioning Descriptions and Pictures* sections of this manual.

Exercise Set C		
Focus	Exercise	Reps/Time
Warm-Up	DT Footwork	10 min
Dynamic Stretching	Arm Circles	10 ea way
	Side Bends	1x2-3 per side
	Windmills	1x10-20
	Trunk Twists	1x8 reps per side
	Knee-to-Forehead	1x11-13
Low Intensity Strength	Side Leg Raises	2x16-18
	Push-ups	1x up to 20 reps
	Stomach Cr/Sit-ups	1x10-20 reps
Core Strength	Prone Planks	3x20 sec/Rest 20 sec
	R. Hover Planks	3x20 sec/Rest 20 sec
	L. Hover Planks	3x20 sec/Rest 20 sec
	Stomach Flutter Kicks	3x7 reps
Upper Body Strength	Wrist Curls	1x3 reps
	Arm Curls	1x3-6 reps
Lower Body Strength	Leg Press	1x3-6 reps
	or Modified Wall Sit	2x30-40sec hold x2 reps
Low Intensity Plyometrics	Skipping	2x10/Rest 10 sec
	Skip for Height	2x20/Rest 1 min
Lower Body Plyometrics	Hexagon Drill	2 drills (24 touches)
	Multi-Jumps for Ht	2x10 jumps(1 m Rest)
	Plyo Circuits	3 x Plyo Circuit
Upper Body Plyometrics	Wheel Barrow	3x16 steps
	or Overhead Throw	3x16 steps
	or Single Arm Throw	3x16 steps
	Explosive Wall Push-up	3x10 reps
	or Chest Pass	3x10 reps
	or Chest Push	3x10 reps
	Push-up Jump	1x8 reps
	or Heavy Bag Thrust	1x8 reps
	or Heavy Bag Stroke	1x8 reps
or Catch&Throw	1x8 reps	
Cardio	Jog/Walk	2.0 mi
Cool-Down	Walk	3 min
Static Stretching	Calf Stretch	3x10 sec/Rest 25 sec
	Quad Stretch	3x10 sec/Rest 25 sec
	Knee Hugs	3x10 sec/Rest 25 sec
	Stride Stretch	3x10 sec/Rest 25 sec

Class #7: Conditioning Exercises

Minimum Module Instructional Time: 1.5 hours

Complete Exercise Set C provided in the table below.

For a complete description of all exercise sets and how to complete the exercises, see the *Physical Conditioning Exercise Sets* and *Physical Conditioning Descriptions and Pictures* sections of this manual.

Exercise Set C		
Focus	Exercise	Reps/Time
Warm-Up	DT Footwork	10 min
Dynamic Stretching	Arm Circles	10 ea way
	Side Bends	1x2-3 per side
	Windmills	1x10-20
	Trunk Twists	1x8 reps per side
	Knee-to-Forehead	1x11-13
Low Intensity Strength	Side Leg Raises	2x16-18
	Push-ups	1x up to 20 reps
	Stomach Cr/Sit-ups	1x10-20 reps
Core Strength	Prone Planks	3x20 sec/Rest 20 sec
	R. Hover Planks	3x20 sec/Rest 20 sec
	L. Hover Planks	3x20 sec/Rest 20 sec
	Stomach Flutter Kicks	3x7 reps
Upper Body Strength	Wrist Curls	1x3 reps
	Arm Curls	1x3-6 reps
Lower Body Strength	Leg Press	1x3-6 reps
	or Modified Wall Sit	2x30-40sec hold x2 reps
Low Intensity Plyometrics	Skipping	2x10/Rest 10 sec
	Skip for Height	2x20/Rest 1 min
Lower Body Plyometrics	Hexagon Drill	2 drills (24 touches)
	Multi-Jumps for Ht	2x10 jumps(1 m Rest)
	Plyo Circuits	3 x Plyo Circuit
Upper Body Plyometrics	Wheel Barrow	3x16 steps
	or Overhead Throw	3x16 steps
	or Single Arm Throw	3x16 steps
	Explosive Wall Push-up	3x10 reps
	or Chest Pass	3x10 reps
	or Chest Push	3x10 reps
	Push-up Jump	1x8 reps
	or Heavy Bag Thrust	1x8 reps
	or Heavy Bag Stroke	1x8 reps
or Catch&Throw	1x8 reps	
Cardio	Jog/Walk	2.0 mi
Cool-Down	Walk	3 min
Static Stretching	Calf Stretch	3x10 sec/Rest 25 sec
	Quad Stretch	3x10 sec/Rest 25 sec
	Knee Hugs	3x10 sec/Rest 25 sec
	Stride Stretch	3x10 sec/Rest 25 sec

Class #8: Conditioning Exercises

Minimum Module Instructional Time: 1.5 hours

Complete Exercise Set C provided in the table below.

For a complete description of all exercise sets and how to complete the exercises, see the *Physical Conditioning Exercise Sets* and *Physical Conditioning Descriptions and Pictures* sections of this manual.

Exercise Set C		
Focus	Exercise	Reps/Time
Warm-Up	DT Footwork	10 min
Dynamic Stretching	Arm Circles	10 ea way
	Side Bends	1x2-3 per side
	Windmills	1x10-20
	Trunk Twists	1x8 reps per side
	Knee-to-Forehead	1x11-13
Low Intensity Strength	Side Leg Raises	2x16-18
	Push-ups	1x up to 20 reps
	Stomach Cr/Sit-ups	1x10-20 reps
Core Strength	Prone Planks	3x20 sec/Rest 20 sec
	R. Hover Planks	3x20 sec/Rest 20 sec
	L. Hover Planks	3x20 sec/Rest 20 sec
	Stomach Flutter Kicks	3x7 reps
Upper Body Strength	Wrist Curls	1x3 reps
	Arm Curls	1x3-6 reps
Lower Body Strength	Leg Press	1x3-6 reps
	or Modified Wall Sit	2x30-40sec hold x2 reps
Low Intensity Plyometrics	Skipping	2x10/Rest 10 sec
	Skip for Height	2x20/Rest 1 min
Lower Body Plyometrics	Hexagon Drill	2 drills (24 touches)
	Multi-Jumps for Ht	2x10 jumps(1 m Rest)
	Plyo Circuits	3 x Plyo Circuit
Upper Body Plyometrics	Wheel Barrow	3x16 steps
	or Overhead Throw	3x16 steps
	or Single Arm Throw	3x16 steps
	Explosive Wall Push-up	3x10 reps
	or Chest Pass	3x10 reps
	or Chest Push	3x10 reps
	Push-up Jump	1x8 reps
	or Heavy Bag Thrust	1x8 reps
	or Heavy Bag Stroke	1x8 reps
or Catch&Throw	1x8 reps	
Cardio	Jog/Walk	2.0 mi
Cool-Down	Walk	3 min
Static Stretching	Calf Stretch	3x10 sec/Rest 25 sec
	Quad Stretch	3x10 sec/Rest 25 sec
	Knee Hugs	3x10 sec/Rest 25 sec
	Stride Stretch	3x10 sec/Rest 25 sec

Physical Conditioning Exercise Sets

		Exercise Set A	Exercise Set B	Exercise Set C
Focus	Exercise	Classes 2 and 3	Classes 4 and 5	Classes 6, 7, and 8
Warm-Up	DT Footwork	---	10 min	10 min
Dynamic Stretching	Arm Circles	10 ea way	10 ea way	10 ea way
	Side Bends	1x2-3 per side	1x2-3 per side	1x2-3 per side
	Windmills	1x10-20	1x10-20	1x10-20
	Trunk Twists	1x8 reps per side	1x8 reps per side	1x8 reps per side
	Knee-to-Forehead	1x5-7 reps per leg	1x8-10 reps	1x11-13
Low Intensity Strength	Side Leg Raises	1x10-12 reps per leg	2x13-15	2x16-18
	Push-ups	1x up to 20 reps	1x up to 20 reps	1x up to 20 reps
	Stomach Cr/Sit-ups	1x10-20 reps	1x10-20 reps	1x10-20 reps
Core Strength	Prone Planks	3x10 sec/Rest 10 sec	3x15 sec/Rest 15 sec	3x20 sec/Rest 20 sec
	R. Hover Planks	3x10 sec/Rest 10 sec	3x15 sec/Rest 15 sec	3x20 sec/Rest 20 sec
	L. Hover Planks	3x10 sec/Rest 10 sec	3x15 sec/Rest 15 sec	3x20 sec/Rest 20 sec
	Stomach Flutter Kicks	1x7 reps	2x7 reps	3x7 reps
Upper Body Strength	Wrist Curls	1x3 reps	1x3 reps	1x3 reps
	Arm Curls	1x3-6 reps	1x3-6 reps	1x3-6 reps
Lower Body Strength	Leg Press	1x3-6 reps	1x3-6 reps	1x3-6 reps
	or Modified Wall Sit	1x30-40sec hold x2 reps	1x30-40sec hold x2 reps	2x30-40sec hold x2 reps
Low Intensity Plyometrics	Skipping	2x10/Rest 30 sec	2x10/Rest 20 sec	2x10/Rest 10 sec
	Skip for Height	2x10/Rest 1 min	2x15/Rest 1 min	2x20/Rest 1 min
Lower Body Plyometrics	Two Foot Hops	1x10	---	---
	Single Foot S-S Hops	1x10	1x10	---
	Two Foot S-S Hops	1x10	1x10	---
	Standing Long Jumps	---	1x10	---
	Standing Jump /Reach	---	1x10	---
	Jumps Over Barrier	---	1x10	---
	Hexagon Drill	---	---	2 drills (24 touches)
	Multi-Jumps for Ht	---	---	2x10 jumps(1 m Rest)
	Plyo Circuits	---	---	3 x Plyo Circuit
Upper Body Plyometrics	Wheel Barrow	---	3x16 steps	3x16 steps
	or Overhead Throw	---	3x16 steps	3x16 steps
	or Single Arm Throw	---	3x16 steps	3x16 steps
	Explosive Wall Push-up	---	3x10 reps	3x10 reps
	or Chest Pass	---	3x10 reps	3x10 reps
	or Chest Push	---	3x10 reps	3x10 reps
	Push-up Jump	---	---	1x8 reps
	or Heavy Bag Thrust	---	---	1x8 reps
	or Heavy Bag Stroke	---	---	1x8 reps
or Catch&Throw	---	---	1x8 reps	
Cardio	Jog/Walk	1.0 mi	1.5 mi	2.0 mi
	Sprint	2 nd session	---	---
Cool-Down	Walk	3 min	3 min	3 min
Static Stretching	Calf Stretch	3x5 sec, Rest 15 sec	3x10 sec/Rest 20 sec	3x10 sec/Rest 25 sec
	Quad Stretch	3x5 sec, Rest 15 sec	3x10 sec/Rest 20 sec	3x10 sec/Rest 25 sec
	Knee Hugs	3x5 sec, Rest 15 sec	3x10 sec/Rest 20 sec	3x10 sec/Rest 25 sec
	Stride Stretch	3x5 sec, Rest 15 sec	3x10 sec/Rest 20 sec	3x10 sec/Rest 25 sec
Time per Module		P.2 = 1 hour P.3 = 1 hour	P.4 = 2 hours P.5 = 2 hours	P.6 = 1 hour 30 min P.7 = 1 hour 30 min P.8 = 1 hour 30 min

Physical Conditioning Descriptions and Pictures

Dynamic Stretching

Arm Circles. Standing with arms out, slowly move hands in a circle, gradually increasing the size of the circle. Increase to full arm circles for recommended number of complete circles. Repeat in opposite direction.



Side Bends. With feet more than shoulder width apart, bend sideways as far as possible. Return to upright position, then bend sideways to the other side.



Windmills. Stand erect, feet shoulder width apart, arms out to the side. Keeping the legs straight, bring right hand across the body reaching for the left foot. Return to starting position and reach for right foot with the left hand. Repeat for recommended repetitions.



Trunk Twists. Standing, twist gently from right to left and reverse. Hands can be outstretched or in front with elbows bent.

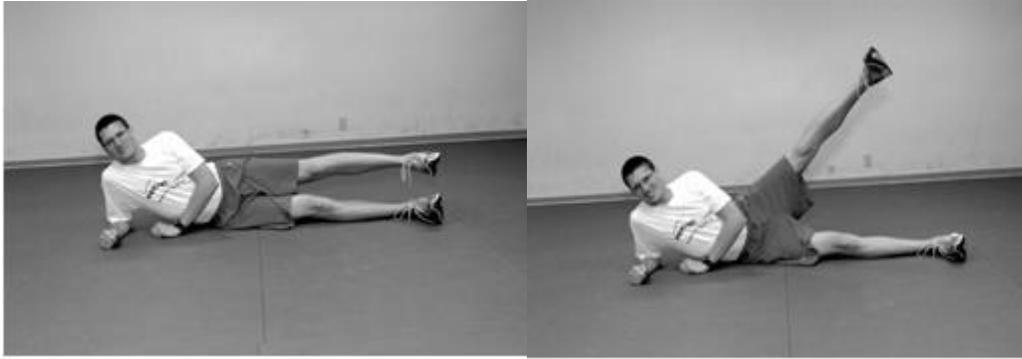


Knee-to-Forehead. With hands and knees on the floor, bring one knee toward the forehead (flexing the neck), then straighten the leg back as far as possible. Perform 5-7 leg extensions before switching to the other leg.

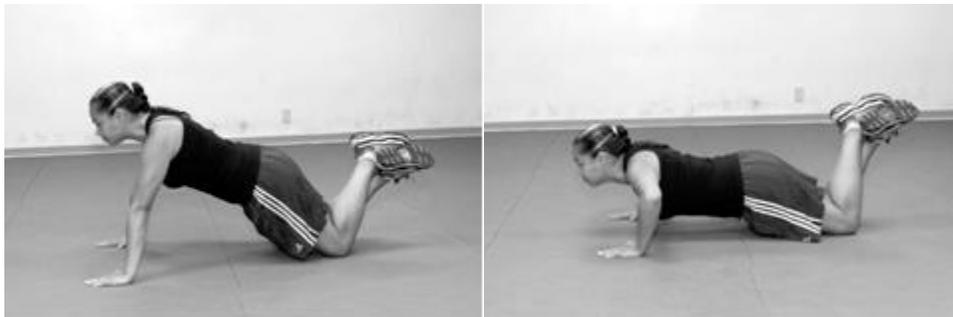


Low Intensity Strength Exercises

Side Leg Raises. While on the side with legs straight, slowly raise the top leg 18" and return. After recommended number of leg raises, roll to the opposite side and repeat with the other leg.



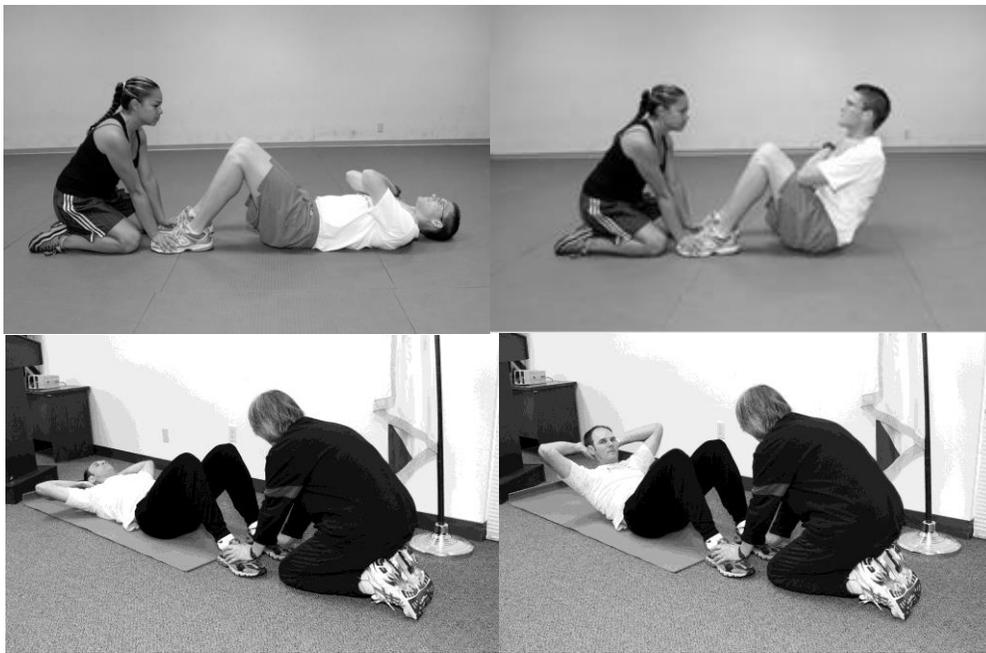
Push-ups (modified). On the stomach with body straight from shoulder to knees and hands beside the shoulders, push the body upward until arms are straight. Bend arms to lower body back to the starting position. In the modified movement, weight is supported at the knees.



Push-ups (military). On the stomach with body straight from the shoulders to the toes, hands beside the shoulders, push the body upward until arms are straight. Bend arms to lower the body back to the starting position.



Stomach Crunches or Sit-ups. Start on the back, knees bent at a 90-degree angle with hands in front of or behind the head. Raise the head and upper part of the body, curling or crunching up from the waist.



Core Strength Exercises

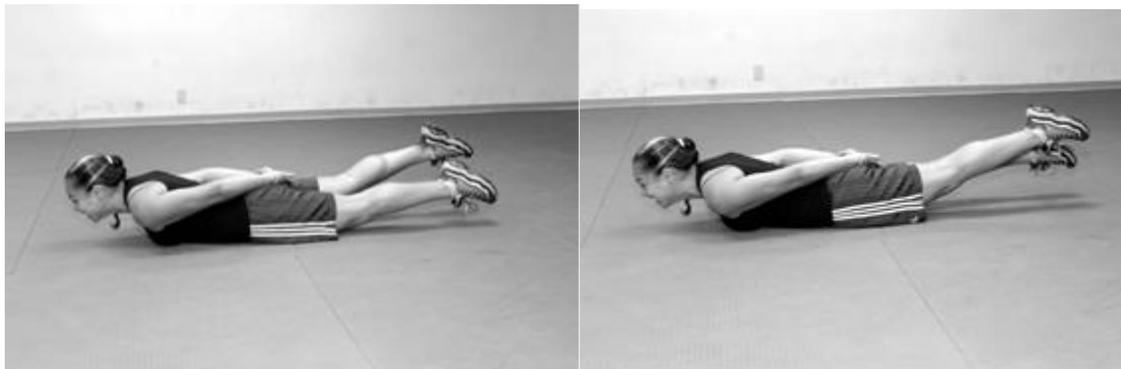
Prone Planks. Start in the prone position and prop the body up onto the toes and forearms. Hold this position with the body maintaining a flat back and rigid position for the recommended amount of time.



Right & Left Side Hover. Lying on the side, elevate the body off of the ground so that it is supported by the side of the foot and the elbow. Maintain the body in a straight, rigid position for the recommended amount of time.

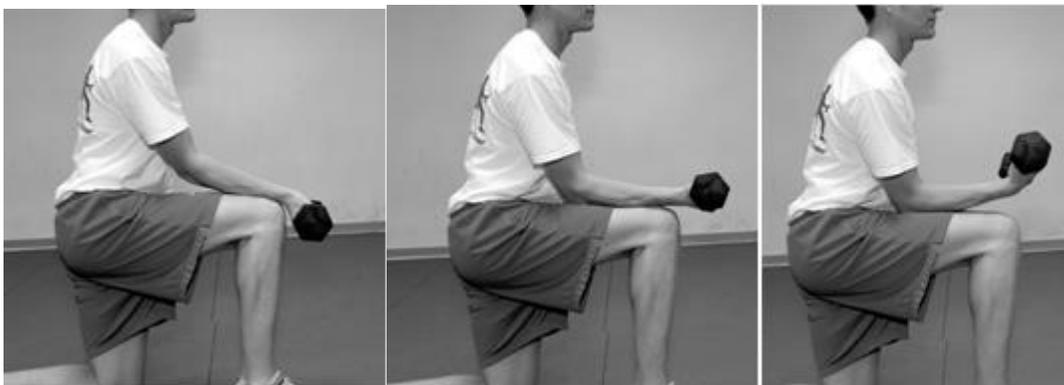


Stomach Flutter Kicks. Lie on stomach. Keeping the legs straight, flutter feet alternately for recommended number of reps. Hands may be on top of buttocks or under thighs.

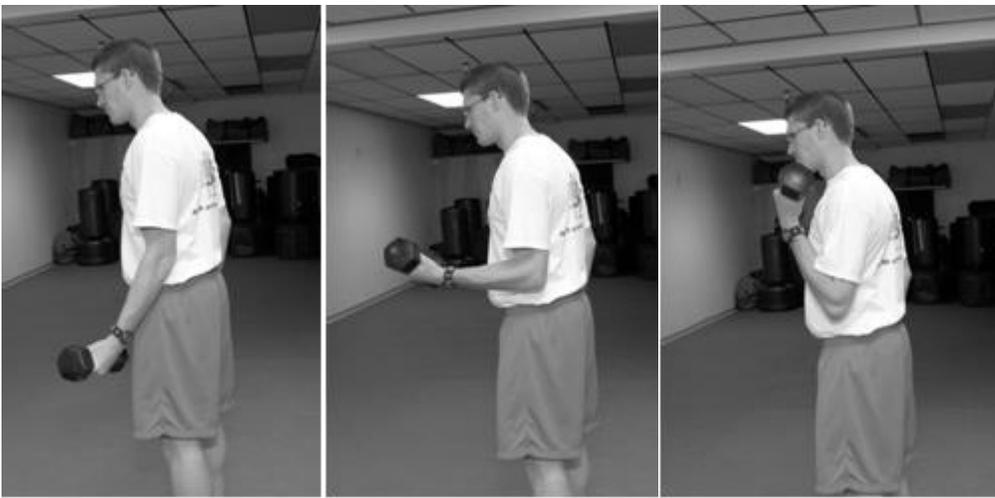


Upper Body Strength

Wrist Curls. Selecting a weight of “somewhat hard,” take a kneeling position with the arm supported by the leg. Curl the weight up with hand palm side up. Perform the prescribed number of repetitions.



Arm Curls. Selecting a weight of “somewhat hard,” raise weight from the extended position and then lower it back down slowly. Keep back straight and knees slightly bent. Do not hold breath during the movement. Perform the prescribed number of repetitions.



Lower Body Strength

Leg Press. Selecting a weight of “somewhat hard,” start in a press position and extend leg until nearly straight. Do not lock out the knees. Return leg to the start position slowly. Perform the prescribed number of repetitions.



Alternative to Leg Press: Modified Wall Sit. Partners sit facing opposite directions, back-to-back, with arms hooked at elbows, backs erect, and knees bent at right angles. Partners then perform a simultaneous backward push and standing effort, rising to a half-knee bend and holding position for 30-40 seconds. Perform the prescribed number of repetitions.



Low Intensity Plyometric Exercises

Skipping. Begin in the standing position and skip from right to left foot. A strenuous effort is not required when completing these. Be sure to follow the recommended number of touches and recovery duration.



Skipping-for-Height. Complete skipping from right to left foot as described above. Be sure to use an exaggerated arm movement and try to come as far off of the ground as possible. Be sure to follow the recommended number of touches and the recovery duration.



Lower Body Plyometric Exercises

Two-Foot Hops. Start in the standing position, flex the knee slightly and hop into the air. Hopping should be done in place. Continue hopping in place for the recommended number of hops in the set.



Single Foot Side-to-Side Hop. Begin by standing on one foot and flex the knee slightly, hopping to the side landing on the opposite foot. After landing on the opposite side, flex the knee and hop back to the other side. Continue hopping back and forth for the recommended number in the set. Distance between hops should be about three feet.



Two Foot Side-to-Side Hop. Start in the standing position with the feet approximately shoulder width apart. Flex the knee slightly and hop to the side. After landing on the opposite side, again flex the knee and hop to other side. Continue hopping from side to side for the recommended number in the set. Maintain feet at approximately shoulder width apart. Distance between hops should be about two feet.

(no picture)

Standing Long Jumps. Start in the standing position and flex the knees deeply while swinging the arms back. Now jump forward as far as possible. Repeat this action for the recommended number of repetitions in the set. A soft landing area (padding or sand) is highly recommended for this exercise. If none is available then the exercise may need to be avoided.



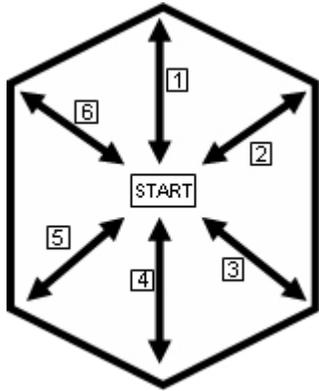
Standing Jump/Reach. Start in the standing position with feet shoulder width apart. Flex the knees and jump into the air as high as possible. Raise the arms above the head as if trying to reach for something in the air. Repeat this exercise for the recommended number of repetitions in the set.



Standing Jump Over Barrier. Start in the standing position with feet approximately shoulder width apart. Flex the knees and jump up and forward over a barrier (cone or small cross rail). The barrier should not exceed one and a half feet in height. If no barrier is available, then jump over an imaginary barrier.



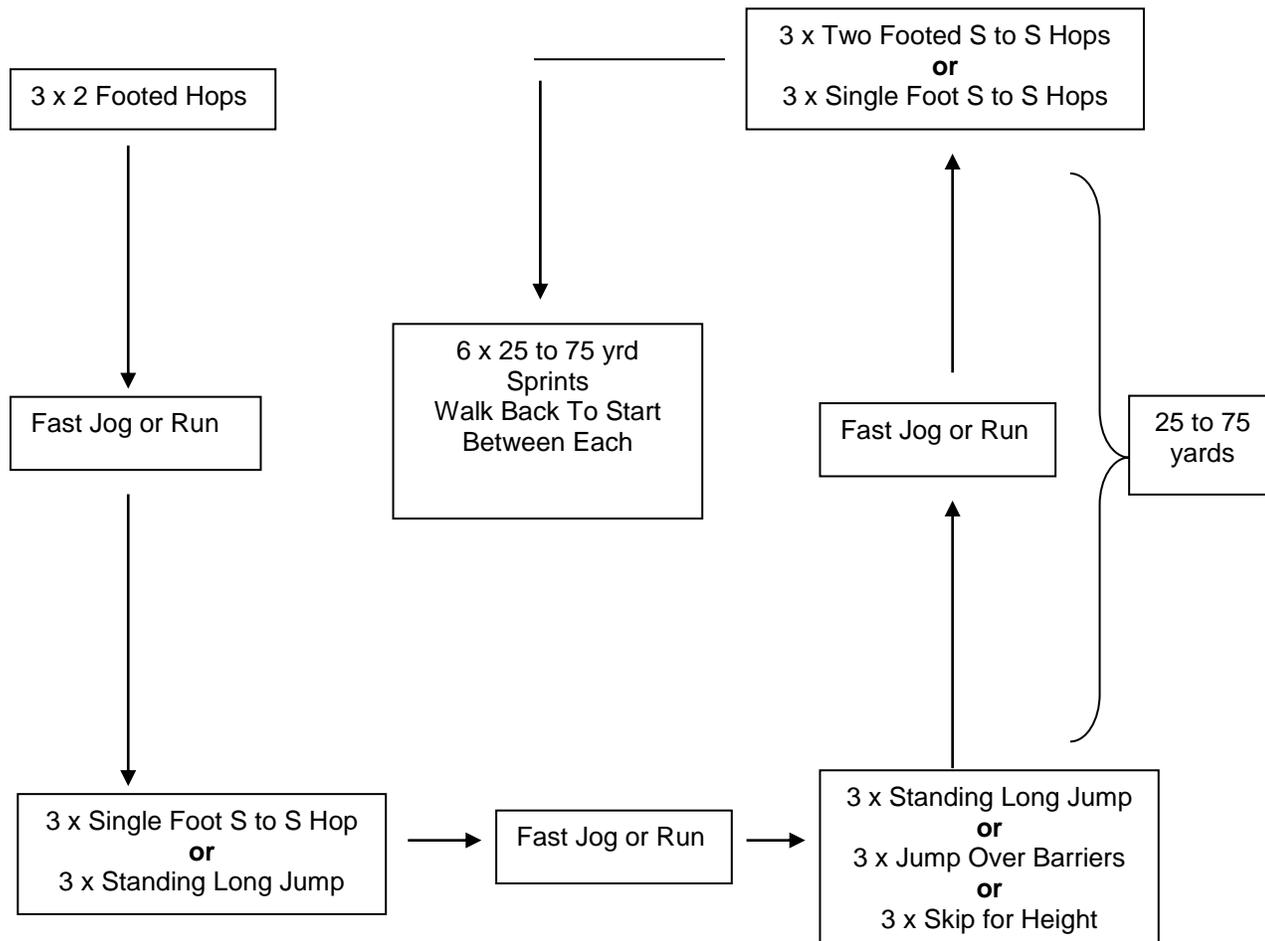
Hexagon Drill. Begin by standing with approximately six feet of space around each person. Next, envision standing in the middle of a clock face. Now flex the knee and jump forward to the 12 o'clock position and then jump back to the starting position. Repeat this exercise jumping to the 2, 4, 6, 8, and 10 o'clock positions. Hexagon drill pattern: Distance between start and each jump can vary based on fitness and body size but should be far enough out to provide reasonable effort. Also, the order of the jumps can be varied so long as all of the jumps are consecutive.



Multi Jumps for Height. Begin standing in place. Next, flex the knees and jump into the air as high as possible. As soon as landing, flex the knees and jump into air again as high as possible. Repeat for the recommended number of repetitions.

(no picture)

Plyo Circuit. Instructor sets up a plyo circuit according to the specifications below and when applicable, chooses the exercise that is appropriate for the ability of the students within a given class. The instructor can use his/her judgment to determine the length of the circuit (e.g., 25 yards – 75 yards for the sprints, fast jog, or run). Repeat for the recommended number of repetitions with a 5-minute rest between each repetition.



Upper Body Plyometric Exercises

Wheelbarrow. Begin in the push-up position. Have a partner pick up the person's feet, while they remain supported by their arms. Now both partners will walk forward for the recommended number of steps. It is a good idea to match partners based on body size to avoid injury.



Alternative to Wheelbarrow: Overhead throw w/med ball or basketball. Begin in the standing position and raise the ball over head. Next throw the ball over the head toward a partner. The partner will catch the ball and perform the same motion. Partners will pass the ball back and forth until the recommended number of repetitions is completed.



Alternative to Wheelbarrow: Supine single arm overhead throw w/med ball or basketball. Begin by lying on the ground with one arm extended overhead with the ball in hand. Throw the ball forward and begin flexing the trunk upward similar to a stomach curl. Finish in a stomach curl position. Repeat the recommended number of repetitions.



Explosive Wall Push-Ups. Begin standing on the floor facing a wall. Lean forward into the wall with arms extended (similar to the push-up position). Flex the elbows and lower the body toward the wall. Now rapidly contract the arms with enough force to push off of the wall. Fall back into the wall and repeat the motion for the number of recommended repetitions.



Alternative to Explosive Wall Push-Up: Chest pass w/med ball or basketball. Begin in either the standing or kneeling position. Holding the ball in two hands, bring the ball to the chest and push out, passing the ball to a partner. The partner should be ready to receive the pass with their arms extended out in front of them. As the partner receives the pass, they should slow the ball down as they bring it to their chest and then immediately pass the ball back to the opposing partner. Pass the ball back and forth until the recommended number of repetitions has been completed.



Alternative to Explosive Wall Push-Up: Chest push w/med ball or basketball. Begin on the knees holding ball close to the chest as if a chest pass were going to be completed. Next crouch down. From the crouch position, explode outward staying on the knees and throw the ball as far as possible or to a partner. Have the partner return the ball and repeat for the recommended number of repetitions.



Push-Up Jump. Begin in the push-up position on the floor. Lower the body to the floor. Now explosively contract the arms with enough force to push off the ground. Now land on the floor and lower the body back to ground and repeat for the recommended number of repetitions. Rest 2 seconds between each push-up.

(no picture)

Alternative to Push-Up Jump: Heavy bag thrust. Begin by standing next to a suspended heavy bag with right shoulder lined up with the bag. Move the right foot back while the left foot stays next to the heavy bag for stability. Place the right hand on the heavy bag and use the arm and torso to push the bag forward. As the bag comes swinging back, have the exerciser and a partner slow the bag down and then repeat for the recommended number repetitions.



Alternative to Push-Up Jump: Heavy bag stroke (Advanced). Follow the same procedure for the heavy bag thrust; however, when the heavy bag comes swinging back, have exerciser catch the bag and begin to slow it down. As the bag swings back even with the body, immediately push it forward with an explosive motion. Repeat this sequence for the recommended number of repetitions.



Alternative to Push-Up Jump: Catch and Overhead Throw w/med ball (Advanced). Begin in the standing position with feet shoulder width apart and arms extended out and slightly over head. Have a partner pass the ball. Catch the ball overhead and pass it back to the partner. Repeat until the recommended number of repetitions has been completed. If a partner is not available, exerciser may throw ball against a wall and catch the rebounding ball.



Cool-Down and Static Stretching

Cool-Down. Always first include light intensity exercise, such as walking, during the cool-down to slowly reduce heart rate. Follow the light exercise with static stretching. Static stretching should only be included following exercise because of the stretch induced force deficit.

Calf Stretch. Facing the wall, put feet together about 36" from the wall and place hands on the wall. Keep feet flat on the floor and knees straight.



Quad Stretch. While standing and supporting the body with one hand on a wall or other support, grab the ankle and arch the back. Pull up on the ankle until adequate stretch is felt in the front thigh.



Knee Hugs. Lying on back, slowly raise knee to chest, grasp knee with both hands, and pull to the chest. Keep opposite leg straight. Hold leg for prescribed seconds. Rest for prescribed seconds. Follow same procedure with other leg, again keeping opposite leg straight.



Stride Stretches. Start in a push-up position with one knee tucked forward to chest level and the other leg extended. Alternate forward and extend legs.

