

# CW Fitness

Personal Training & Sports Performance

Plyo/Power Training		Name:							
Exercise	Weeks 1		2		3		4		
	RepX	Wt	RepX	Wt	RepX	Wt	RepX	Wt	
<b>Day 1 and 2</b>									
Squat Jumps	2 x 5		2x5		2x5		2x5		
Vertical Jumps	1x5		1x5		2x5		2x5		
Lateral Bounds			1x5e		1x5e		1x5e		
Split Squat Jumps			1x5e		1x5e		1x5e		
Tuck Jumps									
Granny Throws	2x5		2x5		2x5		2x5		
Med Ball Slams	1x5		1x5		2x5		2x5		
Med Ball Lateral Toss	1x5e		1x5e		2x5e		2x5e		
Med Ball Rotational Slams L/R	1x5e		1x5e		2x5e		2x5e		
Med Ball Batting Stance Throws L/R	1x5e		1x5e		2x5e		2x5e		
<b>Plyo/Power Training</b>									
Name:									
Exercise	Weeks 5		6		7		8		
	RepX	Wt	RepX	Wt	RepX	Wt	RepX	Wt	
<b>Day 1 and 2</b>									
Squat Jumps	3 x 5		3x5		4x5		4x5		
Vertical Jumps	3x5		3x5		4x5		4x5		
Lateral Bounds	2x5e		2x5e		2x5e		3x5e		
Split Squat Jumps	2x5e		2x5e		2x5e		3x5e		
Tuck Jumps	1x5		1x5		2x5e		2x5		
Granny Throws	3x5		3x5		4x5		4x5		
Med Ball Slams	3x5		3x5		4x5		4x5		
Med Ball Lateral Toss	2x5e		3x5e		3x5e		3x5e		
Med Ball Rotational Slams L/R	2x5e		3x5e		3x5e		3x5e		
Med Ball Batting Stance Throws L/R	2x5e		3x5e		3x5e		3x5e		