

The Ultimate 4-Week Plyometric Training Program

To power up your agility, jumping, sprinting, and overall performance

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Check out complete [article](#) for more info

Summary About Plyometric Workout Routine

Program Duration	4 to 8 Weeks
Goal	Maximizing Agility, Endurance, and Performance
Workout Type	Plyometrics Workouts
Exercise Level	Beginner to Advanced
Training Days per Week	2-3 Days
Suitable For	Men and Women
Duration of One Session	20-30 minutes

Additional information about the program – according to an article published on the National Institute of Health website:⁴

Suggested reps and sets: 5-10 reps/set; and 1 set for general fitness enthusiasts and 3 sets for athletes.

How long should a plyometrics workout be? – A plyometric session should be around 15-45 minutes, depending on individual fitness level and goal.

How many exercises should be in a plyometric workout? – Minimum 6 different exercises

What's the optimum interval time between plyometric exercises and sessions? – 60-second rest between each exercise 48 hours between sessions.

What should be the intensity level during exercises? – You should perform exercises at 80 to 100 percent [Maximal voluntary contraction \(MVC\)](#) or maximum heart rate.

A general tip: The skill and speed of doing plyometric exercises are crucial. So, when you feel fatigued, stop pushing yourself. Always prefer quality over quantity.

4 Week Plyometric Workout Program for Ultimate Results



Week 1

Monday

Round 1	Round 2	Round 3
Ankle Hops	Split Jump	Vertical Jumps
Squat Jump	Skater Jumps	Plyo Lunge
Jumping Jacks	Alternating Push Offs	Plank Jacks
Mountain Climbers	Plyo Pushups	Kneeling Squat Jump

Thursday

Round 1	Round 2	Round 3
Front Box Jump	Vertical Jumps	Lateral Box Jump
Push Up Jacks	Mountain Climbers	Reverse Lunge with Knee-up
Jumping Jacks	Plyo Pushups	Tuck Jumps
Kneeling Squat Jump	Frog Squat Jump	Alternating Push Offs

Plank Jacks	Crunches	Burpees
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Week 2

You'll work out three times a week in this third week of the plyometric workout plan.

Monday

Round 1	Round 2	Round 3
Ankle Hops	Alternating lunge jump	Jumping Jacks
Squat Thruster	Squat thruster	Plyo Lateral Lunge
Mountain Climbers	Pushup Jacks	Shoulder Tap Pushup
Burpee with tuck jump	Plank Jacks	Squat Depth Jump
Push Offs	Vertical Jumps	V ups

Wednesday

Round 1	Round 2	Round 3
Ankle Hops	Split Jump	Kneeling Squat Jump
Front Box Jump	Lateral Box Jump	Plyo Lateral Lunge
Plank Jacks	Plyo Pushups	Scissor Jumps
Med ball Sit-up Throws	Star Jumps	Shoulder Tap Push-up
Vertical Jumps	Skater Jumps	Alternating Push Offs

Friday

Round 1	Round 2	Round 3
Alternating Lunge Jump	Single-leg Deadlift Jump	Barrier Jump
Push Up Jacks	Squat Thruster	Clap Pushups
Double Leg Butt Kick	Plyo Pushups	Tuck Jumps
Kneeling Squat Jump	Frog Squat Jump	Alternating Push Offs
Plank Jacks	Seated Box Jump	Tuck Jumps

Week 3

Monday

Circuit 1	Circuit 2	Circuit 3
Ankle Hops	Split Jump	Tuck Knee Jump
Double Leg Butt Kick	Shoulder Tap Push-up	Plyo Lateral Lunge
Plyo Pushups	Broad Jump	Kneeling Squat Jump
Mountain Climbers	Alternating Push Offs	Clap Pushups
Single-leg Vertical Jumps	Single-leg Deadlift Jump	Squat Jump
Barrier Jump	Pike Jumps	V ups

Wednesday

Round 1	Round 2	Round 3
Front Box Jump	Vertical Jumps	Lateral Box Jump
Push Up Jacks	Box Depth Jump	Reverse Lunge with Knee-up

Jumping Jacks	Plyo Pushups	Pike Jumps
Kneeling Squat Jump	Frog Squat Jump	Alternating Push Offs
Tuck Knee Jump	Plyo Lunges	Vertical Depth Jump

Friday

Round 1	Round 2	Round 3
Ankle Hops	Split Jump	Jumping Jacks
Front Box Jump	Lateral Box Jump	Plyo Lateral Lunge
Plank Jacks	Plyo Pushups	Scissor Jumps
Mountain Climbers	Skater Jumps	Alternating Push Offs
Vertical Depth Jump	Kneeling Squat Jump	Reverse Lunge with Knee-up

Week 4

Monday

Round 1	Round 2	Round 3
Ankle Hops	Split Jump	Double Leg Butt Kick
Star Jumps	Shoulder Tap Push-up	Plyo Lateral Lunge
Plyo Pushups	Depth Broad Jump	Depth Pushups
Mountain Climbers	Alternating Push Offs	Burpees
Vertical Jumps	Russian Twist	Squat Jump

Wednesday

Round 1	Round 2	Round 3
Ankle Hops	Split Jump	Double Leg Butt Kick
Squat Jump	Front Box Jump	Plyo Lateral Lunge
Mountain Climbers	High Knees	Plank Jacks
Broad Jump	Plyo Pushups	Clapping Pushups
Vertical Depth Jump	Barrier Jump	Stairs Squat Jumps

Friday

Round 1	Round 2	Round 3
Ankle Hops	Alternating lunge jump	Jumping Jacks
Squat Thruster	Squat thruster	Plyo Lateral Lunge
Plyo Lateral Lunge	High Knees	Plank Jacks
Mountain Climbers	Pushup Jacks	Shoulder Tap Pushup
Burpee with tuck jump	Flutter Kicks	Crunches
Alternating Push Offs	Vertical Jumps	V ups

Frequently Asked Questions (FAQs)

Is It OK To Do Plyometrics Every Day?

You shouldn't perform plyometrics every day. Doing plyometrics every day put more stress on your body, increases the risk of injuries, and decreases

performance. The optimum frequency of plyometric training is 2-3 sessions a week with 48-72 hours of rest between sessions – recommended by the authors of research publishing articles.

Can You Do Weights and Plyometrics on The Same Day?

[Weight training](#) and plyometrics both are excellent for maximizing overall performance and achieving the best physique. Several studies suggest that a combination of plyometrics and weight training enhances strength, sprint, muscular power, and jump performances.⁵ So, yes you can do them on the same day. You can also do them in two sessions on the same day, for example, plyometric in the morning and weight training in the evening.

How Long Does It Take to See Results from Plyometric Training?

You'll have to do plyometric training consistently for six weeks to see promising results. A study has shown that 6-8 weeks of plyometric training is sufficient to see significant improvement in agility, jumping, and sprinting.^{6, 7}

Does Plyometrics Burn Fat?

The plyometric workouts have beneficial effects on reducing body fats. Research has revealed that combining strength training with plyometric exercises not only increases [lower body](#) strength, and vertical jump performance but also burns excess body fat.⁸ However, you need to take care of your calorie intake to speed up your weight loss.

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