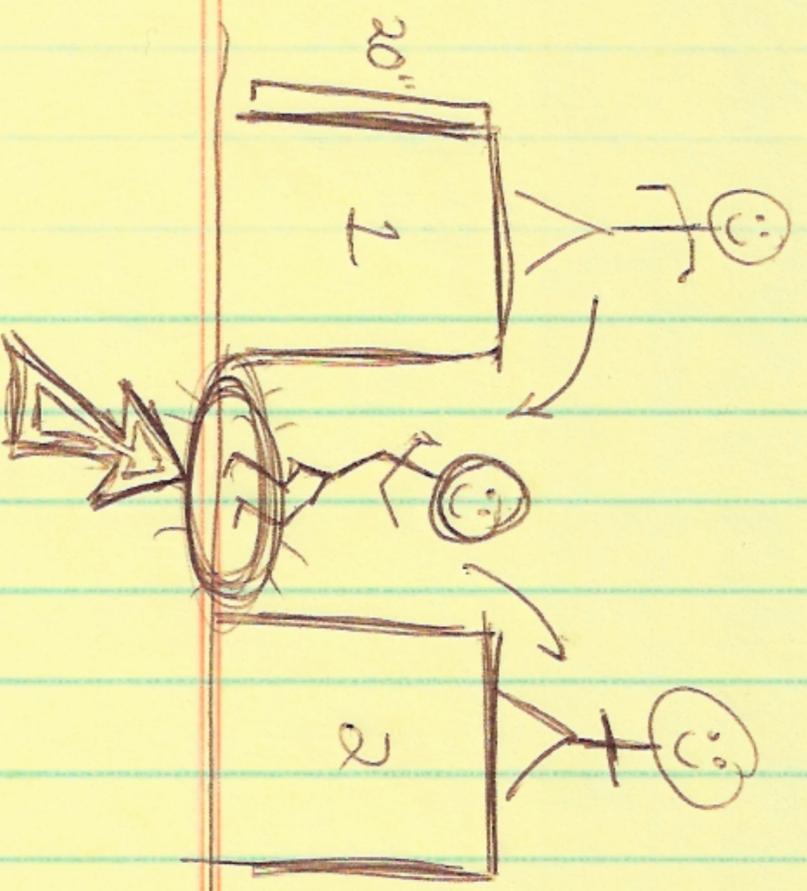
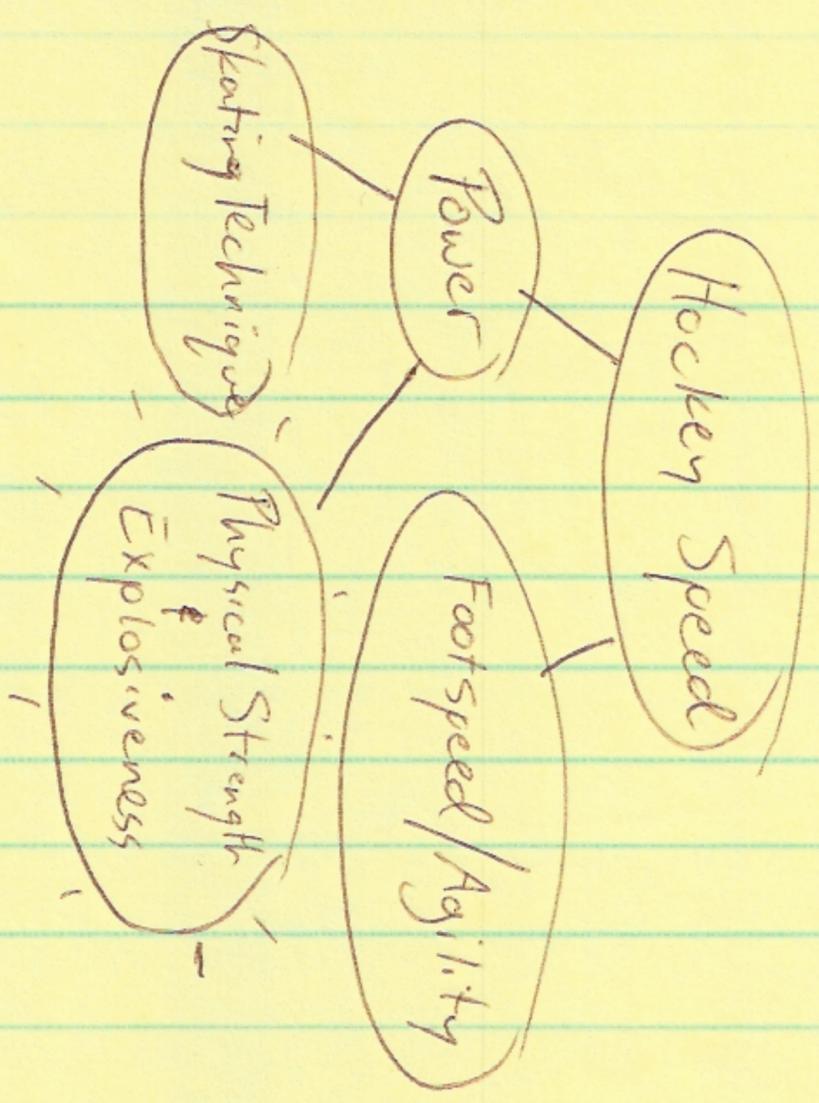


PLYOMETRICS

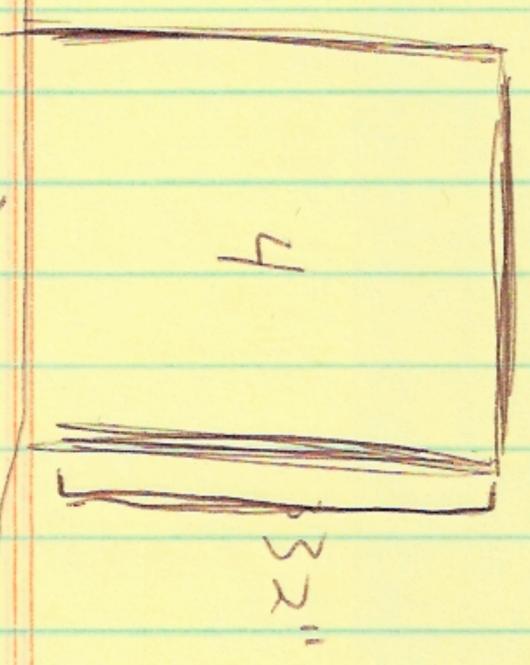


1. 5 sets - no boosters
2. 5 sets - 2" Booster on box 3
3. 5 sets - 2" Booster on box 4
4. 5 sets - 4" booster on box 3
5. 5 sets - 4" booster on box 4

75 Jumps total



1) + 2"
3) + Additional 2"



2) + 2"
4) + Additional 2"