

## UPPER BODY PLYOMETRICS SEQUENCE

1. Clap push-up – Do a push-up (chest touching the floor, hips elevated), push up explosively, then clap hands together. Repeat for **10 seconds**....try to get as many claps as possible.
2. Med ball push-up – Place the medicine ball directly beneath your chest. Do a push up, touching your chest to the ball, then push explosively upward, then put both hands on top of the ball. Repeat for **10 seconds**....try to get as many touches on the ball as possible.
3. Med ball hand hop – Place one hand on top of the medicine ball and one hand on the floor. Do a push-up, explosively push up, switch hands in mid-air, allowing the other hand to be placed on top of the ball. Repeatedly switch hands for 10 seconds...try to switch as many times as possible for **10 seconds**.
4. Med ball knee fall – Kneel down (both knees), remaining upright. Place the medicine ball in front of you. Fall forward...catch yourself with your hands on top of the ball, then explosively push yourself back to the upright position. Try to keep your hips locked (don't bend at the waist). Repeat for **10 seconds**.
5. Plyometric push-up – Assume a push up position, do a push-up (touch chest to floor), then explosively push up bringing your hands and feet off the floor. Repeat for **10 seconds**.