

PLYOMETRICS

Depth Jump

2-3 sets x 10 reps

STRENGTH CIRCUIT

Sequenza	Esercizio	Set	Rep	Rest
A1	Front squat	3/4	6-8	1,5'
A2	Calf raise	3/4	6-8	1,5'
A3	Romanian deadlift	3/4	6-8	1,5'
A4	Soleus heel raise	3/4	6-8	1,5'
A5	Hip thrust	3/4	6-8	1,5'