

# Plyometric Training

PrimeForMen | Practical worksheet | September 18, 2026

For adults who can already manage basic training without symptoms.  
This is a learning example, not medical clearance or rehabilitation.  
Use clear space, firm nonslip footing and suitable shoes.  
Warm up, then rehearse a shallow landing position with feet grounded.  
WEEK 1: grounded rehearsal 2 x 3. If appropriate, tiny jump-stick 2 x 3.  
WEEK 2: repeat week 1; no automatic increase.  
WEEK 3: if execution remains controlled, tiny jump-stick up to 3 x 3.  
WEEK 4: repeat that dose. Do not add height at the same time.  
Rest 60-90 sec between sets and reset between every repetition.  
One two-foot jump plus landing = one jump in this worksheet.  
Keep at least 48 hours from another hard lower-body / jump session;  
that interval is a minimum planning buffer, not proof of recovery.  
Stop if landings deteriorate, pain occurs or balance is lost.

**Surface / space / recent sport jumps / reason this session fits**

**Date / grounded reps / completed jumps / rest / landing quality**

**Response later and next day / repeat, simplify or seek guidance**

Instructions and adaptations: [primeformen.com/plyometric-training/](https://primeformen.com/plyometric-training/)

Educational example, not individualized care. Stop for pain or unusual symptoms.