# PLYOMORPH

😈 WELCOME TO PHASE ONE 👑

I'm Danny Ramsey (**Plyomorph**) and as a former athlete I started to lose my athletic ability with my vertical jump, speed, and explosiveness all regressing. I began to make the excuses that it was just my age, genetics and not being as active in my sport causing this to happen. I was going to the gym consistently for strength training but wasn't seeing any noticeable change in my athleticism.

This **all changed** when I made one simple fix to my workouts:

Implementing **plyometrics.**

It was clearly the missing puzzle piece to my training. Within just **12 weeks** of using my plyometric training system, I could notice and feel a complete change in my overall athletic ability. I could finally dunk a basketball consistently and my performance on the court improved tremendously. Many people began to question how I transformed so quickly, and I always had the same answer:

Implementing **plyometrics.**

Everyone seemed to follow up by asking "what are plyometrics?" and that is when I realized how **underutilized** plyometrics are for current or former athletes. No matter which sport you play or type of athlete you are, plyometrics can certainly help claim, regain, or even kickstart your athleticism.

This is the **exact reason** why I created the Plyomorph Plyometric Training System.

# WARM UP SYSTEM

**COMPLETE THESE STRETCHES AND MOVEMENTS AT THE START OF YOUR WORKOUTS!**

**Click here to see video reference**

## DYNAMIC STRETCHES:

KNEE HUG LUNGE AND TWIST

QUAD PULL TO SIDE LUNGES

HAMSTRING HIGH KICK TO REACH

OPEN AND CLOSE THE GATES

WORLDS GREATEST STRETCH

INCH WORMS


## DYNANMIC MOVEMENTS :

HIGH KNEES

BUTT KICKS

SKIP FOR HEIGHT

SKIP FOR DISTANCE
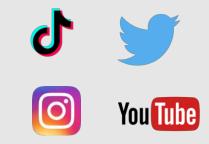
SIDE SHUFFLE

SPRINT TO BACK PEDAL

PHASE : ONE

DAY : ONE

WEEK : 1 - 3

**PLYOMORPH**

| DOUBLE LEG PLYOMETRICS | | | | | |
|---|---|---|---|---|---|
| LATERAL LINE JUMPS | VIDEO | WEEK | SETS | REPS | REST TIME |
| | VIDEO REFERENCE | 1 | 3 | 12 | 30-45 SECONDS |
| | | 2 | 3 | 14 | |
| | | 3 | 3 | 16 | |
| TUCK JUMPS | VIDEO REFERENCE | WEEK | SETS | REPS | REST TIME |
| | | 1 | 3 | 8 | 60-90 SECONDS |
| | | 2 | 3 | 10 | |
| | | 3 | 3 | 12 | |
| HURDLE JUMPS | VIDEO REFERENCE | WEEK | SETS | REPS | REST TIME |
| | | 1 | 3 | 8 | 30-45 SECONDS |
| | | 2 | 3 | 8 | |
| | | 3 | 3 | 8 | |
| SINGLE LEG PLYOMETRICS | | | | | |
| LINE HOPS | VIDEO | WEEK | SETS | REPS – EACH LEG | REST TIME |
| | VIDEO REFERENCE | 1 | 3 | 6 | 30-45 SECONDS |
| | | 2 | 3 | 8 | |
| | | 3 | 3 | 10 | |
| BOX JUMP LAND ON ONE FOOT | VIDEO REFERENCE | WEEK | SETS | REPS – EACH LEG | REST TIME |
| | | 1 | 3 | 3 | 60-90 SECONDS |
| | | 2 | 3 | 3 | |
| | | 3 | 3 | 3 | |
| BROAD HOPS | VIDEO REFERENCE | WEEK | SETS | REPS – EACH LEG | REST TIME |
| | | 1 | 3 | 5 | 45-60 SECONDS |
| | | 2 | 3 | 5 | |
| | | 3 | 3 | 5 | |

**PLYOMORPH**

| DOUBLE LEG PLYOMETRICS | | | | | |
|---|---|---|---|---|---|
| DEPTH LAND | VIDEO | WEEK | SETS | REPS | REST TIME |
| | VIDEO REFERENCE | 1 | 3 | 8 | 30-45 SECONDS |
| | | 2 | 3 | 10 | |
| | | 3 | 3 | 12 | |
| LINEAR JUMPS | VIDEO REFERENCE | WEEK | SETS | REPS | REST TIME |
| | | 1 | 3 | 12 | 30-45 SECONDS |
| | | 2 | 3 | 14 | |
| | | 3 | 3 | 16 | |
| LATERAL HURDLE JUMPS | VIDEO REFERENCE | WEEK | SETS | REPS - TOTAL | REST TIME |
| | | 1 | 3 | 8 | 30-45 SECONDS |
| | | 2 | 3 | 8 | |
| | | 3 | 3 | 8 | |
| SINGLE LEG PLYOMETRICS | | | | | |
| SKATERS | VIDEO | WEEK | SETS | REPS – TOTAL | REST TIME |
| | VIDEO REFERENCE | 1 | 3 | 12 | 60-90 SECONDS |
| | | 2 | 3 | 16 | |
| | | 3 | 3 | 20 | |
| LOW STEP PUSH OFF HOPS | VIDEO REFERENCE | WEEK | SETS | REPS – EACH LEG | REST TIME |
| | | 1 | 3 | 8 | 45-60 SECONDS |
| | | 2 | 3 | 8 | |
| | | 3 | 3 | 8 | |
| HURDLE HOP | VIDEO REFERENCE | WEEK | SETS | REPS – EACH LEG | REST TIME |
| | | 1 | 3 | 5 | 30-45 SECONDS |
| | | 2 | 3 | 5 | |
| | | 3 | 3 | 5 | |

PHASE : ONE

DAY : THREE

WEEK : 1 - 3

# PM
## PLYOMORPH

| DOUBLE LEG PLYOMETRICS | | | | | |
|---|---|---|---|---|---|
| | VIDEO | WEEK | SETS | REPS | REST TIME |
| BROAD JUMP | VIDEO REFERENCE | 1 | 3 | 4 | 45-60 SECONDS |
| | | 2 | 3 | 6 | |
| | | 3 | 3 | 8 | |
| SPLIT SQUAT JUMPS | VIDEO REFERENCE | WEEK | SETS | REPS | REST TIME |
| | | 1 | 3 | 12 | 60-90 SECONDS |
| | | 2 | 3 | 14 | |
| | | 3 | 3 | 16 | |
| ROTATIONAL BOX JUMP | VIDEO REFERENCE | WEEK | SETS | REPS | REST TIME |
| | | 1 | 3 | 5 | 90-120 SECONDS |
| | | 2 | 3 | 5 | |
| | | 3 | 3 | 5 | |
| SINGLE LEG PLYOMETRICS | | | | | |
| | VIDEO | WEEK | SETS | REPS – EACH LEG | REST TIME |
| RDL HURDLE HOP | VIDEO REFERENCE | 1 | 3 | 6 | 60-90 SECONDS |
| | | 2 | 3 | 8 | |
| | | 3 | 3 | 10 | |
| BOX JUMP LAND ON TWO FEET | VIDEO REFERENCE | WEEK | SETS | REPS – EACH LEG | REST TIME |
| | | 1 | 3 | 3 | 60-90 SECONDS |
| | | 2 | 3 | 3 | |
| | | 3 | 3 | 3 | |
| CONE HOPS | VIDEO REFERENCE | WEEK | SETS | REPS – EACH LEG | REST TIME |
| | | 1 | 3 | 4 | 45-60 SECONDS |
| | | 2 | 3 | 4 | |
| | | 3 | 3 | 4 | |