

Sprungkrafttraining

mit dem eigenen Körpergewicht



section 1	2 or 3 sets	2x per week	5 weeks
Wadendrücken	kleiner Kasten		20 each leg
Wechselsprünge	kleiner Kasten (auch hochkant)		40 alternating
single leg squat	großer Kasten		20 each leg
single leg lunge step	floor (or i.e. pad)		40 alternating
two legs squat	floor in front of wall (close), mat		20
split jumps	floor (or mat)		10

section 2	3 sets	2x per week	4 weeks
Wadendrücken	kleiner Kasten		10 each leg
single leg jumps	floor		each baseline back
Wechselsprünge	kleiner Kasten (auch hochkant)		40 alternating
high knee skip/knee hug	floor		baseline back
single leg lunge step	floor (or i.e. pad)		40 alternating
two legs squat	floor in front of wall (close), mat		10
depth jumps	boxes		10
jump overs	box		10