

APPENDIX-I**TRAINING SCHEDULED - PLYOMETRIC TRAINING**

Week	Day	Exercise	Repetition	Set	Rest(min)
First three weeks	Monday	Warming up	-	-	-
		Squat Jumps	6	2	2 min
		Jump to Box	6	2	2 min
		Box Jumping Both Legs	6	2	2 min
		Medicine Ball Chest Push With Partner	6	2	2 min
		Split Squat umps	6	2	2 min
		Bounding	6	2	2 min
		Medicine Ball Power Drop with Partner	6	2	2 min
		Depth Jumps	6	2	2 min
		Medicine Ball Power Drop with Partner	6	2	2 min
	Warming up	-	-	-	
	Squat Jumps	6	2	2 min	
	Jump to Box	6	2	2 min	
	Box Jumping Both Legs	6	2	2 min	
	Medicine Ball Chest Push With Partner	6	2	2 min	
	Split Squat umps	6	2	2 min	
	Bounding	6	2	2 min	
	Medicine Ball Power Drop with Partner	6	2	2 min	
	Depth Jumps	6	2	2 min	
	Medicine Ball Power Drop with Partner	6	2	2 min	
	Warming up	-	-	-	
	Squat Jumps	6	2	2 min	
	Jump to Box	6	2	2 min	
	Box Jumping Both Legs	6	2	2 min	
	Medicine Ball Chest Push With Partner	6	2	2 min	
	Split Squat umps	6	2	2 min	
	Bounding	6	2	2 min	
	Medicine Ball Power Drop with Partner	6	2	2 min	
	Depth Jumps	6	2	2 min	
	Medicine Ball Power Drop with Partner	6	2	2 min	

Week	Day	Exercise	Repetition	Set	Rest
Second three weeks	Monday	Warming up	-	-	10 min
		Squat Jumps	8	2	2 min
		Jump to Box	8	2	2 min
		Box Jumping Both Legs	8	2	2 min
		Medicine Ball Chest Push With Partner	8	2	2 min
		Split Squat umps	8	2	2 min
		Bounding	8	2	2 min
		Medicine Ball Power Drop with Partner	8	2	2 min
		Depth Jumps	8	2	2 min
		Medicine Ball Power Drop with Partner	8	2	2 min
		Wednesday	Warming up	-	-
	Squat Jumps		8	2	2 min
	Jump to Box		8	2	2 min
	Box Jumping Both Legs		8	2	2 min
	Medicine Ball Chest Push With Partner		8	2	2 min
	Split Squat umps		8	2	2 min
	Bounding		8	2	2 min
	Medicine Ball Power Drop with Partner		8	2	2 min
	Depth Jumps		8	2	2 min
	Medicine Ball Power Drop with Partner		8	2	2 min
	Friday		Warming up	-	-
		Squat Jumps	8	2	2 min
		Jump to Box	8	2	2 min
		Box Jumping Both Legs	8	2	2 min
		Medicine Ball Chest Push With Partner	8	2	2 min
		Split Squat umps	8	2	2 min
		Bounding	8	2	2 min
Medicine Ball Power Drop with Partner		8	2	2 min	
Depth Jumps		8	2	2 min	
Medicine Ball Power Drop with Partner		8	2	2 min	

Week	Day	Exercise	Repetition	Set	Rest (Min)
Third three weeks	Monday	Warming up	-	-	-
		Squat Jumps	10	3	2 min
		Jump to Box	10	3	2 min
		Box Jumping Both Legs	10	3	2 min
		Medicine Ball Chest Push With Partner	10	3	2 min
		Split Squat umps	10	3	2 min
		Bounding	10	3	2 min
		Medicine Ball Power Drop with Partner	10	3	2 min
		Depth Jumps	10	3	2 min
		Medicine Ball Power Drop with Partner	10	3	2 min
		Wednesday	Warming up	-	-
	Squat Jumps		10	3	2 min
	Jump to Box		10	3	2 min
	Box Jumping Both Legs		10	3	2 min
	Medicine Ball Chest Push With Partner		10	3	2 min
	Split Squat umps		10	3	2 min
	Bounding		10	3	2 min
	Medicine Ball Power Drop with Partner		10	3	2 min
	Depth Jumps		10	3	2 min
	Medicine Ball Power Drop with Partner		10	3	2 min
	Warming up		-	-	-
	Squat Jumps		10	3	2 min
	Jump to Box		10	3	2 min
	Friday		Box Jumping Both Legs	10	3
		Medicine Ball Chest Push With Partner	10	3	2 min
		Split Squat umps	10	3	2 min
		Bounding	10	3	2 min
		Medicine Ball Power Drop with Partner	10	3	2 min
		Depth Jumps	10	3	2 min
		Medicine Ball Power Drop with Partner	10	3	2 min
Depth Jumps		10	3	2 min	

Week	Day	Exercise	Repetition	Set	Rest
Fourth three weeks	Monday	Warming up	-	-	-
		Squat Jumps	12	4	2 min
		Jump to Box	12	4	2 min
		Box Jumping Both Legs	12	4	2 min
		Medicine Ball Chest Push With Partner	12	4	2 min
		Split Squat umps	12	4	2 min
		Bounding	12	4	2 min
		Medicine Ball Power Drop with Partner	12	4	2 min
		Depth Jumps	12	4	2 min
		Medicine Ball Power Drop with Partner	12	4	2 min
	Wednesday	Warming up	-	-	-
		Squat Jumps	12	4	2 min
		Jump to Box	12	4	2 min
		Box Jumping Both Legs	12	4	2 min
		Medicine Ball Chest Push With Partner	12	4	2 min
		Split Squat umps	12	4	2 min
		Bounding	12	4	2 min
		Medicine Ball Power Drop with Partner	12	4	2 min
		Depth Jumps	12	4	2 min
		Medicine Ball Power Drop with Partner	12	4	2 min
	Friday	Warming up	-	-	-
		Squat Jumps	12	4	2 min
		Jump to Box	12	4	2 min
		Box Jumping Both Legs	12	4	2 min
		Medicine Ball Chest Push With Partner	12	4	2 min
		Split Squat umps	12	4	2 min
		Bounding	12	4	2 min
		Medicine Ball Power Drop with Partner	12	4	2 min
		Depth Jumps	12	4	2 min
		Medicine Ball Power Drop with Partner	12	4	2 min

SWISSBALL TRAINING

Week	Day	Exercise	Repetition	Set	Rest
First three weeks	Monday	Warming up	-	-	-
		Transverse abdominals	8	2	2 min
		Exercise on swiss ball	8	2	2 min
		Reverse bridge on swiss ball	8	2	2 min
		Back extension on the ball.	8	2	2 min
		Abdominal curl rotation	8	2	2 min
		Abdominal curl on ball	8	2	2 min
		Superman exercise on swiss ball	8	2	2 min
		Side plank with knee flexion	8	2	2 min
		Pushups	8	2	2 min
	Wednesday	Warming up	-	-	-
		Transverse abdominals	8	2	2 min
		Exercise on swiss ball	8	2	2 min
		Reverse bridge on swiss ball	8	2	2 min
		Back extension on the ball.	8	2	2 min
		Abdominal curl rotation	8	2	2 min
		Abdominal curl on ball	8	2	2 min
		Superman exercise on swiss ball	8	2	2 min
		Side plank with knee flexion	8	2	2 min
		Pushups	8	2	2 min
	Friday	Warming up	-	-	-
		Transverse abdominals	8	2	2 min
		Exercise on swiss ball	8	2	2 min
		Reverse bridge on swiss ball	8	2	2 min
		Back extension on the ball.	8	2	2 min
		Abdominal curl rotation	8	2	2 min
		Abdominal curl on ball	8	2	2 min
		Superman exercise on swiss ball	8	2	2 min
		Side plank with knee flexion	8	2	2 min
		Pushups	8	2	2 min

Week	Day	Exercise	Repetition	Set	Rest
Second three weeks	Monday	Warming up	-	-	-
		Transverse abdominals	10	2	1 min
		Exercise on swiss ball	10	2	1 min
		Reverse bridge on swiss ball	10	2	1 min
		Back extension on the ball.	10	2	1 min
		Abdominal curl rotation	10	2	1 min
		Abdominal curl on ball	10	2	1 min
		Superman exercise on swiss ball	10	2	1 min
		Side plank with knee flexion	10	2	1 min
		Pushups	10	2	1 min
	Wednesday	Warming up	-	-	-
		Transverse abdominals	10	2	1 min
		Exercise on swiss ball	10	2	1 min
		Reverse bridge on swiss ball	10	2	1 min
		Back extension on the ball.	10	2	1 min
		Abdominal curl rotation	10	2	1 min
		Abdominal curl on ball	10	2	1 min
		Superman exercise on swiss ball	10	2	1 min
		Side plank with knee flexion	10	2	1 min
		Pushups	10	2	1 min
	Friday	Warming up	-	-	-
		Transverse abdominals	10	2	1 min
		Exercise on swiss ball	10	2	1 min
		Reverse bridge on swiss ball	10	2	1 min
		Back extension on the ball.	10	2	1 min
		Abdominal curl rotation	10	2	1 min
		Abdominal curl on ball	10	2	1 min
		Superman exercise on swiss ball	10	2	1 min
		Side plank with knee flexion	10	2	1 min
		Pushups	10	2	1 min

Week	Day	Exercise	Repetition	Set	Rest
Third three weeks	Monday	Warming up	-	-	-
		Transverse abdominals	12	3	1 min
		Exercise on swiss ball	12	3	1 min
		Reverse bridge on swiss ball	12	3	1 min
		Back extension on the ball.	12	3	1 min
		Abdominal curl rotation	12	3	1 min
		Abdominal curl on ball	12	3	1 min
		Superman exercise on swiss ball	12	3	1 min
		Side plank with knee flexion	12	3	1 min
		Pushups	12	3	1 min
	Wednesday	Warming up	-	-	-
		Transverse abdominals	12	3	1 min
		Exercise on swiss ball	12	3	1 min
		Reverse bridge on swiss ball	12	3	1 min
		Back extension on the ball.	12	3	1 min
		Abdominal curl rotation	12	3	1 min
		Abdominal curl on ball	12	3	1 min
		Superman exercise on swiss ball	12	3	1 min
		Side plank with knee flexion	12	3	1 min
		Pushups	12	3	1 min
	Friday	Warming up	-	-	-
		Transverse abdominals	12	3	1 min
		Exercise on swiss ball	12	3	1 min
		Reverse bridge on swiss ball	12	3	1 min
		Back extension on the ball.	12	3	1 min
		Abdominal curl rotation	12	3	1 min
		Abdominal curl on ball	12	3	1 min
		Superman exercise on swiss ball	12	3	1 min
		Side plank with knee flexion	12	3	1 min
		Pushups	12	3	1 min

Week	Day	Exercise	Repetition	Set	Rest
Fourth three weeks	Monday	Warming up	-	-	-
		Transverse abdominals	12	4	1 min
		Exercise on swiss ball	12	4	1 min
		Reverse bridge on swiss ball	12	4	1 min
		Back extension on the ball.	12	4	1 min
		Abdominal curl rotation	12	4	1 min
		Abdominal curl on ball	12	4	1 min
		Superman exercise on swiss ball	12	4	1 min
		Side plank with knee flexion	12	4	1 min
		Pushups	12	4	1 min
	Wednesday	Warming up	-	-	-
		Transverse abdominals	12	4	1 min
		Exercise on swiss ball	12	4	1 min
		Reverse bridge on swiss ball	12	4	1 min
		Back extension on the ball.	12	4	1 min
		Abdominal curl rotation	12	4	1 min
		Abdominal curl on ball	12	4	1 min
		Superman exercise on swiss ball	12	4	1 min
		Side plank with knee flexion	12	4	1 min
		Pushups	12	4	1 min
	Friday	Warming up	-	-	-
		Transverse abdominals	12	4	1 min
		Exercise on swiss ball	12	4	1 min
		Reverse bridge on swiss ball	12	4	1 min
		Back extension on the ball.	12	4	1 min
		Abdominal curl rotation	12	4	1 min
		Abdominal curl on ball	12	4	1 min
		Superman exercise on swiss ball	12	4	1 min
		Side plank with knee flexion	12	4	1 min
		Pushups	12	4	1 min