



*Plyometric General*

**EXERCISE: 3x/wk: Every Other Day. 3 sets of 10 each**

**Date**

In general, we need to be 12 weeks postpartum, completed level 3 of general or pelvic stabilization program, and can do at least 20 single leg calf raises with good mechanics, before attempting this progression. Calf progression is within the Pelvic Floored Series.

Do 3 sets of 10 reps of each level, with about 48 hours between trials, for at least 3x with no increase in symptoms before progressing to next level (so, in general, each level is at least 1 weeks worth of exercises).

**For all plyometrics during rehab phase, key is gently supported abs (lifting organs up and off of pelvic ring) and RELAXED Pelvic Floor Muscles**

**Level 1. Double Leg Jump In Place (1:33):** Gentle Negative Pressure Abdominal Brace, Relaxed Pelvic Floor, gentle hops up and down, emphasizing soft landings.

**Level 2. Double Leg Jump Forward and Back (3:50):** Same rules as Level 1, but adding movement forwards and backwards.

**Level 2. Speed Skaters (4:41):** Side to side jumps. Often called "Speed Skaters" this lateral jump introduces dynamic balance and power on one leg at a time.

**Level 3: Jump Up onto 6-8 inch step (5:13):** Teaches body to adjust to changing heights. Soft takeoff and landings. Knees don't knock inwards

**Level 3: Jump Down off 6-8 inch step (6:18):** Teaches body to adjust to changing heights. Soft landings.

**Level 4: Single Leg (not shown):** a. forward, sideways and 45 degree jumps into an athletic stance from L to R side. Hold each 5-sec. 5-10 reps in all 3 directions.

**Level 4: Single Leg (not shown):** b. single leg hops in small square: 2 times around clockwise, 2 times counterclockwise. 2-3 sets.

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