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## Lower Body (Lateral / Medial)

Sports are not just about moving and landing in a linear plane of motion. All athletes should work on lateral and medial plyometrics.

Lateral single leg plyometrics where the body moves away from the centre line of the body

Medial single leg plyometrics where the body moves towards the centre line of the body

### Level One: One Leg Line Jump

Starting from a single leg position (left leg) with the line on the outside of the left knee, perform a lateral jump over the line and hold the landing for 3 seconds. Rest and repeat with the right leg going back the opposite way. Once the set is completed perform medial jumps off the left leg (line on the inside of the knee joint).

#### Lateral



#### Medial

