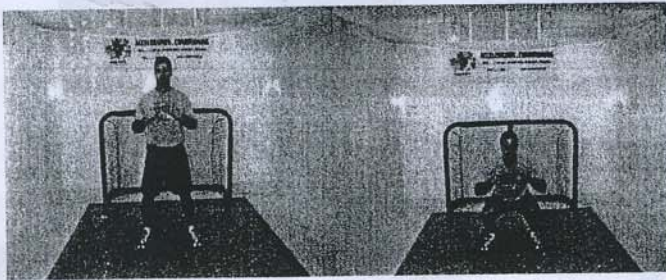


# LOWER BODY PLYOMETRICS

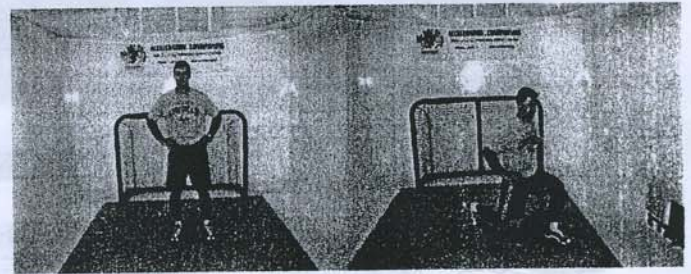
## LATERAL BOUNDS



## DEEP SQUATS



## FRONT LUNGES



## POWER SQUAT JUMP

