



PLYOMETRIC WORKOUTS

WORKOUT 1:

- Jack in the Boxes
- Pop Jacks
- Quick Jumps to Long Jump
- Down Dog Donkey Kicks
- Split Jumps

WORKOUT 2:

- Plyo Tuck Jumps
- Squat Jacks
- Depth Jumps
- Kneeling Explosions
- Lunge to High Skip

WORKOUT 3:

- 180 Spiderman Jumps
- Push Up + Pop Up
- Box Jumps
- Explosive Burpees
- Pendulum Plank

WORKOUT 4:

- Sumo Squat Hop
- Bounding for Distance
- Explosive Push Ups
- Explosive Dips
- Split Jumps

WORKOUT 5:

- Lateral Bound & Hop
- Jack in the Boxes
- Push up + Pop Up
- Plyo Side Plank
- Explosive Dips

WORKOUT 6:

- Fall-in Sprint
- Plyo Tuck Jumps
- Squat Jacks
- Depth Jumps
- Down Dog Donkey Kicks