



PLYOMETRIC WORKOUTS

WORKOUT 7:

- Kneeling Explosions
- 180 Spiderman Jumps
- Lateral Bound & Hop
- Pendulum Plank
- Split Jumps

WORKOUT 9:

- Explosive Burpees
- Pendulum Plank
- 180 Spiderman Jumps
- Plank Jack
- Quick Jumps to Long Jump

WORKOUT 11:

- Split Jumps
- Bounding for Distance
- Down Dog Donkey Kicks
- Plyo Tuck Jumps
- Pop Jacks

WORKOUT 8:

- Pendulum Plank
- Sumo Squat Hop
- Box Jumps
- Explosive Push Ups
- Explosive Dips

WORKOUT 10:

- Sumo Squat Hop
- Push Up + Pop Up
- Lunge to High Skip
- Plyo Side Plank
- Chair Jumps

WORKOUT 12:

- Quick Jumps to Long Lung
- Depth Jumps
- Box Jumps
- Kneeling Explosions
- Push Up + Pop Up