



# PLYOMETRIC WORKOUTS

## WORKOUT 13:

- Jack in the Boxes
- Lunge to High Skip
- Lateral Bound & Hop
- Explosive Push Ups
- Explosive Dips

## WORKOUT 15:

- Bounding for Distance
- Squat Jacks
- Chair Jumps
- Kneeling Explosions
- Plyo Side Plank

## WORKOUT 17:

- Sumo Squat Hop
- Split Jumps
- Plyo Side Plank
- Explosive Dips
- Pop Jack

## WORKOUT 14:

- Plank Jack
- Plyo Tuck Jumps
- Down Dog Donkey Kicks
- Split Jumps
- Fall-in Sprint

## WORKOUT 16:

- 180 Spiderman Jump
- Explosive Burpees
- Explosive Push-Ups
- Pendulum Plank
- Sumo Squat Criss Cross Jack

## WORKOUT 18:

- Down Dog Donkey Kicks
- Depth Jumps
- Lateral Bound & Hop
- Box Jumps
- Plank Jack