



# PLYOMETRIC WORKOUTS

## WORKOUT 19:

- Jack in the Boxes
- Sump Squat Criss Cross Jack
- Pop Jack
- Squat Jacks
- Plank Jack

## WORKOUT 21:

- Chair Jumps
- Pop Jacks
- Squat Jacks
- Quick Jumps to Long Jump
- Jack in the Boxes

## WORKOUT 23:

- Sump Squat Criss Cross Jack
- Lunge to High Skip
- Pendulum Plank
- Kneeling Explosions
- Plyo Tuck Jumps

## WORKOUT 25:

- Depth Jumps
- Down Dog Donkey Kicks

## WORKOUT 20:

- Split Jumps
- Sump Squat Hop
- Fall-In Sprint
- Explosive Dips
- Explosive Burpees

## WORKOUT 22:

- Quick Jumps to Long Jump
- Split Jumps
- Plank Jack
- Bounding for Distance
- 180 Spiderman Jumps

## WORKOUT 24:

- Push Up + Pop Up
- Sumo Squat Hop
- Explosive Dips
- Chair Jumps
- Squat Jacks

- 180 Spiderman Jumps
- Fall-In Sprint
- Plyo Tuck Jumps