

# PLYOMETRICS WORKOUT



## INFO

### HOW TO CREATE A WORKOUT

1. Select 3-4 Exercises
  2. Perform as many reps as possible during the selected time
  3. Use the allotted rest time to recover & breathe before going again
- Note: Increase the time for more advanced training or decrease for intermediate - beginner.

### FITNESS GOAL

	REP	REST	SETS
ADVANCED	60 sec	30 sec	4-6
INTERMEDIATE	40 sec	20 sec	3-4
BEGINNER	30 sec	20 sec	2-3

HIGH INTENSITY WORKOUT



CLAP PUSH UP



BURPEE



DROP PUSH UP



DEEP MOUNTAIN CLIMBER



PUSH OFF PUSHUP



SQUAT JUMP



TUCK JUMP



PIKE JUMP



BOX JUMP



ONE LEG BOX JUMP



VERTICAL POWER JUMP  
(WITH REACH)



SPLIT SQUAT JUMP



RUNNING IN  
PLACE HIGH KNEES



SPEED SKATER  
(FOR DISTANCE)



POWER STEP UP



SINGLE LEG VERTICAL  
POWER JUMP



SINGLE LEG TUCK JUMP



POWER SKIP



LATERAL JUMP