

Giulia's Plyometrics Workout

Focus: increasing muscular power and explosiveness; get that heart rate up!

Exercise Name	Form Tips	# Reps	# Sets
A1: Squat jumps	- use the arms to help with momentum of the jump	8 total	3
A2: Burpees	-to modify, don't drop all the way to the ground: jump the legs out to high plank and then back in	5 total	3
A3: Reverse lunge to single leg hop	-drive through the front foot to come back up to single leg hop	8 each leg	3
B1: Plyo push ups	-drive through the hands to release off the surface -keep the core tight, back straight and the hips tucked -to modify, perform movement from an inclined position	8 each arm	3
B2: "Box" jumps	-use a stair or ledge in your house -use the arms to create momentum when jumping up	8 total	3
B3: Lateral bounds	-drive off the foot and jump laterally landing on the opposite foot	8 each side	3
C1: Alternating jumping lunges	-use the arms to drive the body up -keep the chest tall	6 each side	3
C2: Split squat jumps	-use the arms to drive the body up -keep the chest tall	6 each side	3
C3: Mountain climbers	-drive the knee up to the chest -to modify, perform from an inclined position	30 total	3