

7 DAYS PLYOMETRICS WORKOUT



BEFORE WORKOUT: WARM-UP

TO REMEMBER: ONE DAY NEEDED IN BETWEEN

SL=SINGLE LEG
REPS=REPETITIONS
SEC=SECONDS

1 DAY 1 Circuit

- HIGH KNEE RUNNING IN PLACE: 40 sec
- SQUAT JUMP: 15 reps
- LUNGE JUMP: 40 sec
- SPEED SKATERS: 40 sec
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

2 DAY 2 Circuit

- JUMPING JACKS: 60 sec
- MOUNTAIN CLIMBERS: 40 sec
- BURPEES: 10-12 reps
- SQUAT TO CALF RAISE: 20 reps
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

3 DAY 3 Circuit

- SQUAT + FLOOR TOUCH: 15 reps
- BURPEES WITH SIDE JUMP: 40 sec
- IN & OUT STEPS : 60 sec
- PULSE SQUAT JUMP: 12-15 reps
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

4 DAY 4 Circuit

- WIDE TO CLOSE LEGS SQUAT JUMP: 60 sec
- PULSE LUNGE JUMP: 30 sec
- KNEE TO CHEST JUMP: 10 reps
- DEEP MOUNTAIN CLIMBERS: 60 sec
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

5 DAY 5 Circuit

- VERTICAL POWER JUMP: 12 reps
- LUNGE+FRONT KICK: 10 reps / side
- ELEVATED MOUNTAIN CLIMBERS: 60 sec
- SPEED STEP-UPS: 30 sec / side
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

6 DAY 6 Circuit

- LATERAL JUMP: 40 sec
- FRONT KICK: 30 sec/ each leg
- FLUTTER KICKS: 60 seconds
- BLAST OFF PUSH-UPS: 10 reps
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.

7 DAY 7 Circuit

- CRISS-CROSS JACK: 60 sec
- KNEELING PUSH-UP: 12 reps
- FORWARD-BACKWARD WALK & JUMP: 60 sec
- DYNAMIC PLANK: 60 sec
- You'll have a 20 seconds ACTIVE PAUSE between exercises: RUNNING IN PLACE. Take a 2 mins break after each circuit, then repeat the circuit.
- Repetition: 4 sets.