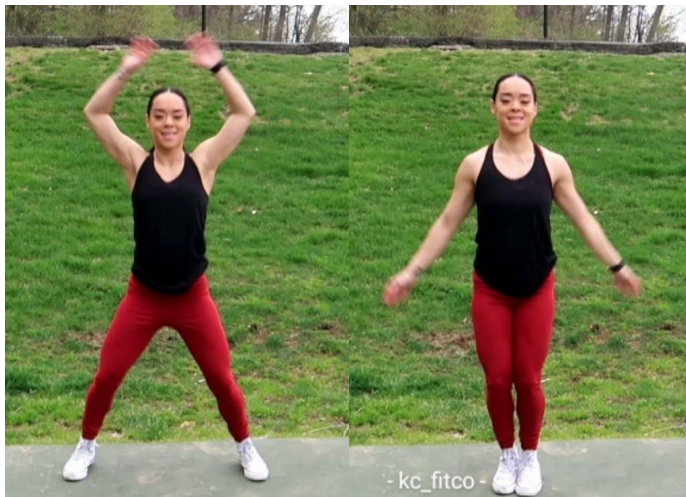


Plyo Workout: Get Faster AND Stronger!
12 Min As Many Rounds As Possible

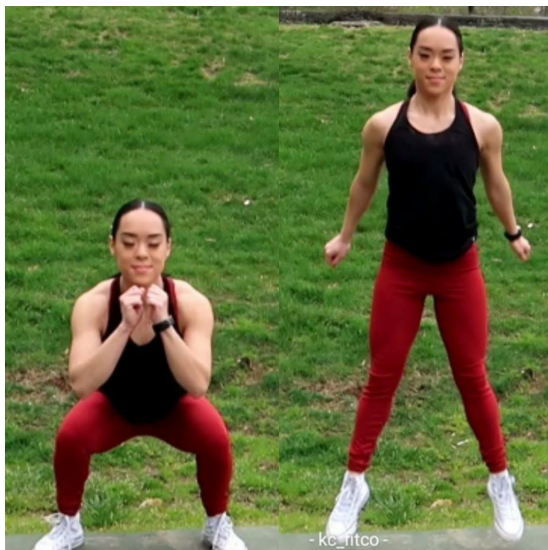
- 10 Jumping Jacks
- 10 Jump Squats
- 10 Lateral Bounds
- 5 Frog Jumps

Jumping Jacks:



With feet together and hands to your sides, jump and bring your feet to the left and right, while bringing your hands above your head.

Jump Squats



In a squat position, push with your legs to bring yourself to a hop and land back in the squat position.

Lateral Bounds



Stand on one foot. Cross your dominant arm over your body. Use force in the dominant leg to leap sideways and land on the opposite foot. Hands should be moving as if you were skiing or running.

Frog Jumps



Get into a squat position. Jump forwards as far as you can go. Land in a squat position.