

PLYOMETRICS - BODY BUILDERS

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Movement: Bend at your waist to place your palms shoulder width apart on the floor. In one motion extend your legs back to resume a push up position with your feet close together. In one motion open your legs and then return them back to the close position. Bend your elbows to complete a push up. In one motion pull your feet back in to their original position, and straighten your legs back into a standing position. Repeat as required.

Notes:

HOW TO USE THIS WORKOUT>>>>

Do 1 set of each exercise then move to the next. Once you have finished then repeat all from the top. (DO 2-3 rounds of everything.)

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0

LEGS - DB SHOULDER PRESS SQUAT

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a dumbbell in each hand near your shoulder, with elbows bent and palms turned away from you. Lower yourself down so that both of your knees have a 90-degree bend in them. Movement: Exhale as you press yourself up into a standing position and press the dumbbells up above your head until your arms have just a slight bend in them. Inhale as you lower yourself back down to the starting position. Repeat as required.

Notes:

(FOR ALL EXERCISES: Choose a weight that you can barely finish all 15 reps but with good form.)

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		8

PLYOMETRICS - JUMPING JACKS

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet close together and your arms at your sides. Movement: Exhale as you jump to an open leg position while pulling your arms up above your head. Inhale as you return your arms and legs back to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	30		0

CHEST - PUSH UPS

Image 1 - Start



Image 2 - End



Lie chest-down with your hands at shoulder level, palms flat on the floor and slightly more than shoulder-width apart, your feet together and parallel to each other look forward. Keep your legs straight and your toes tucked under your feet. Straighten your arms as you push your body up off the floor. Keep your palms fixed at the same position and keep your body straight. Try not to bend or arch your upper or lower back as you push up. Exhale as your arms straighten out. Pause for a moment and lower your body slowly back towards the floor.

Notes:

DO AS MANY AS YOU CAN ON THE FEET, THEN DROP DOWN TO YOUR KNEES AND FINISH

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0

PLYOMETRICS - MOUNTAIN CLIMBERS

Image 1 - Start



Image 2 - End



Starting Position: Bend at your waist to place your palms shoulder width apart on the floor. Bring your right knee in towards your chest with your foot on the ground, and stretch your left leg back.
Movement: Exhale as you rapidly switch the position of your legs from bent close to your chest to stretched out behind you. Keep your back flat. Repeat as required.

Set Name

Reps / Time

Weight / Level

Set 1

30

at

0

LEGS - DB UPRIGHT ROW SQUAT

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a dumbbell in each hand with your arms hanging down in front of you. Lower yourself down so that both of your knees have a 90-degree bend in them. Movement: Exhale as you press yourself up into a standing position and pull the dumbbells up to chin level while pointing your elbows up. Inhale as you lower yourself back down to the starting position. Repeat as required.

Set Name

Reps / Time

Weight / Level

Set 1

12

at

0