

Plyometric Workout

This workout is designed to get your heart rate up and keep your legs muscles firing quickly while you are training from home. There are three different levels of this workout try Level 1 first. If you can complete this with ease then look to move to Level 2 next time.

Focus points

Ensure you have a safe space to complete this and are wearing trainers. Follow the prompts in the videos.

Level 1

High knee jumps - knees to shoulders x 10

Single leg lunges x 10

Lunge squat jumps x 10

Long jumps x 10

Tuck jumps x10

Ski sit - 30 sec

Quad lifts x10

Knees to feet, jump x10

Pike jumps (touch toes) x10

Forward roll to one leg stand x10

Level 2

High knee jumps - knees to shoulders x 15

Single leg lunges x 15

Lunge squat jumps x 15

Long jumps x 15

Tuck jumps x 15

Ski sit - 45 sec

Quad lifts - 2 different heights x 15

Knees to feet, tuck jump x 15

Pike jumps (touch toes) x 15

Forward roll to one leg stand then hop x 15

Level 3

High knee jumps - knees to shoulders x 20

Single leg lunges x 20

Lunge squat jumps x 20

Long jumps x 20

Tuck jumps x 20

Ski sit - 1 minute

Quad lifts - 3 different heights x 20

Knees to feet, tuck jump to one leg x 10 (5 on each leg)

Pike jumps (touch toes) x 20

Shoulder stand to forward roll to one leg stand and hop x 20