

Plyo Leg Workout

Short Breaks In-Between Sets - Alternating Weight Sets with Plyo Sets (130 bpm)
Weight Sets 12 reps - Plyo Sets 20 reps

- 1. Dumbbell side squat with weights**
2. Jump ups & downs on step (4 risers)
- 3. Lunges with weights (right & left legs separately)**
4. Plyos front to back (pause 1 second)
- 5. Side Step Squat (right & left legs separately--keep inside leg straight)**
6. Volleyball plyo (side step and dancer behind with reach across to foot)
- 7. Reverse lunge from step with weights (right & left legs separately)**
8. Jump up lunge & reach to ceiling (land in same lunge position)
- 9. Reverse lunge from floor with weights (right & left legs separately)**
10. Plyos side to side (pause 1 second)
- 11. Forward lunge from floor with weights**
12. Sumo squat (click feet on jump and hands on thighs--pause 1 second in squat)
- 13. Romanian dead lift with weights**

14. Jump squat & touch floor

15. Lunge pulse with weights (right & left legs separately)

16. 180 Degree spin horse squat to left with single weight

17. Trucking squat (monkey stance) with single weight (slide 1 leg forward & squat rear leg)

18. Jumping jack horse squat (hands circle in front of body instead of clapping--start in horse, hands up, jump to close squat, hands down)

19. Dumbbell on floor horse stance (pick up right hand, put it down, raise up then pick up with left hand, put it down)

20. Knee ups

21. Back leg on step lunge pulse with weights

22. 180 Degree spin horse squat to right with single weight

23. From chair, hold 1 leg up & stand up crunch style (don't go all the way up)

24. Split squats (punch up & hammer down when jumping)

25. Single front leg lift from lunge position (raise front leg up then set down in lunge with weights) (right & left legs separately)

26. X Jack (start and land in a neutral stance)