

PLYOMETRIC CIRCUIT

TIME	EXERCISE	
1		
30 SEC	Pop Squats	
REST 10 SECONDS		
2		
30 SEC	Box Jumps	
REST 20 SECONDS		
3		
30 SEC	Alternating Jumping Lunges	
REST 30 SECONDS		
4		
60 SEC	Squat Jumps	
REST 1 MINUTE		

COMPLETE 3 ROUNDS