

Week Three of Fitmas - Plyometrics

Your workout consists of 5 different exercises, including a variety of exercises that incorporate the upper and lower body.

You will work through each exercise for one minute each, pushing through with intense, explosive movements. Repeat the circuit as many times as you can in 20 minutes. You should work out to about four times through in the 20 minutes. Move through the different exercises one after the other without resting between exercises, but do make sure to rest when you need it. Incorporate short rests throughout when you need it to be able to complete all 20 minutes of the circuit.

To get started, pick one exercise from each box, plus one more of your choosing. This way, you get a new challenge every time and get to try new things!

Group A

- Scissor Jumps
- Jumping jacks
- Ankle hops with reach
- Line jumps

Group B

- Renegade rows w/dumbbells
- Explosive Push ups
- Medicine ball push up toss

Group C

- Bench hops
- Squat Jumps
- Broad Jumps
- Skater Lunges

Group D

- Burpees
- Squat push press w/ball
- Tuck jump
- Mountain climbers

As you progress, and the circuit feels a bit easier you can increase your time to 30 minutes total or add in another exercise. Incorporating another element, such as sprints on the treadmill or spin bike intervals will also create more challenge.

If you have any type of joint problems or require a lower intensity workout, you can modify the movements by not jumping – just move and keep your feet on the ground.

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